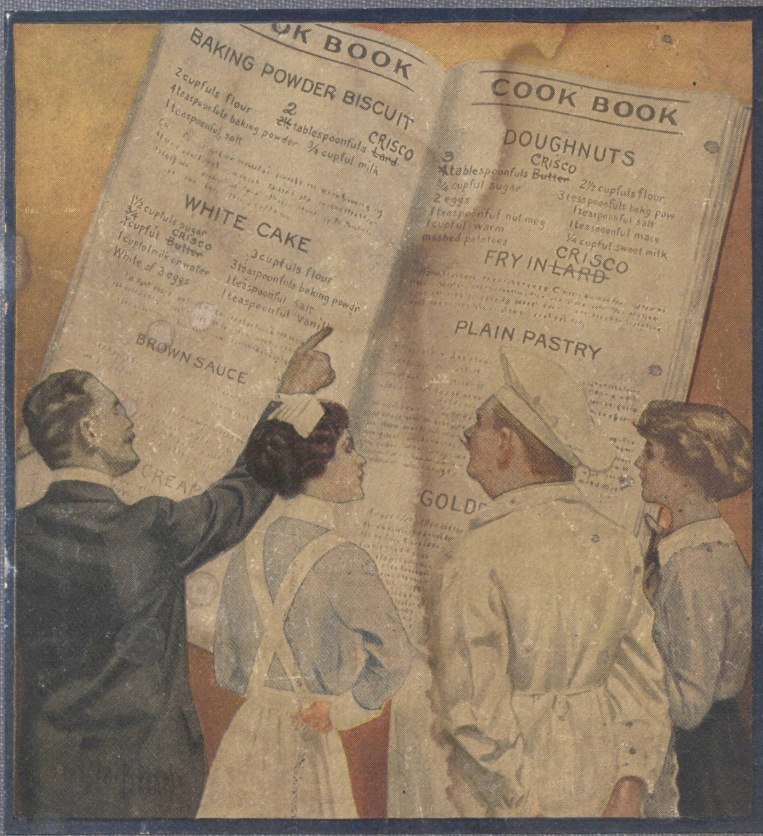
A Calendar of Dinners

with 615 Recipes

Prepared by

The Study of Crisco



CRISCO
for Frying For Shortening
for Cake Making

CRISCO
For Frying For Shortening For Cake Making

Copyright 1913
Copyright 1914
Copyright 1915
The Procter & Gamble Co.
Cincinnati

EIGHTH EDITION

Price Twenty-Five Cents

See Page 233

The Story
of
CRISCO

TABLE OF CONTENTS

	PAGE
Introduction	8
The Story of Crisco	9- 21
Things To Remember	22
Hints To Young Cooks	24
How To Choose Foods	25- 30
Methods of Cooking	31- 38
Time Table for Cooking	39- 41
The Art of Carving	42- 44
Soups	46- 50
Fish	51- 57
Meats	58- 65
Vegetables	66- 72
Salads	73- 76
Puddings	77- 84
Sandwiches	85- 87
Pastries	88- 95
Breads	96-114
Cakes	115-132
Vegetarian Dishes	133-138
Eggs	139-142
Candies	143-147
Calendar of Dinners	149-231

RECIPE INDEX

A APPETIZERS

	Page
Lettuce Cocktail	153
Onion Cocktail	161

B BREADS

Apple Strudel	221
Boston Brown	98
Brown Nut	98
Coffee	99
Coffee, Swedish	113
Corn	100
Crisco Milk	101
Fruit, Yorkshire	114
Gluten	104
Graham	102
Health	105
Hominy	105
Nut, Steamed	112
Raisin and Buttermilk	109
Raisin and Nut	221
Rolled Oats	109
Rye, Swedish	113
Savarin	110
Southern Spoon	112
Water	114
Wheat, Entire	102

BREADS
Biscuits, Rolls, Etc.

Baking Powder Biscuit	97
Buttermilk Biscuit	98
Citron Buns	99
Cornmeal Rolls	100
Crisco Batter Cakes	101
Dessert Biscuit	101
Fruit Rolls	104
Hot Cross Buns	106
Lunch Rolls	107
Maryland Beaten Biscuits	107
Scones, Cream	100
Scones, Oven	108
Soda Beaten Biscuit	111
Sour Milk Biscuit	111
Twin Biscuit	113

BREADS
Muffins, Etc.

Bran Gems	98
Columbia Muffins	100
Corn Cakes	194
Ginger Gems	104
Golden Corn Muffins	105
Imperial Muffins	106
Muffins	107
Pop Overs	198
Rye Muffins	110
Sour Milk Tea Cakes	112

C CAKES

Almond and Citron	130
Black Cake with Prune Filling	119
Boiling Water	120
Butterless-Milkless-Eggless	120
Caramel	121
Chocolate	121
Chocolate, Black	181
Cream Puffs	123
Cream Puff Balls	123
Cushion	198
Devil's Food	124
Dutch Apple	214
Feather	210
Fig	125
Flag	194
Fruit Cake, Apple Sauce	119
Fruit Cake, Crisco	123
Fruit Cake, Southern	132
Fruit Drops	103
Genoa	185
Gennoise	125
Gingerbread	125
Gingerbread, Whole Wheat	132
Gold	126
Golden Orange	126
Hurry Up	126
Jam	207
Jelly Roll	129
Lady Baltimore	127
Layer Cake, Cocoanut	122
Layer Cake, Cocoanut	226
Layer Cake, Coffee	122
Layer Cake, Lemon	127
Lord Baltimore	128
Lunch Cakes	128
Marble	129
Marmalade	129
Mocha	196
Pound	120
Princess	205
Queen Cakes	215
Rose Leaf	131
Sand	127
Shortcake, Oyster	57
Shortcake, Peach	124
Shortcake, Red Raspberry	195
Shortcake, Strawberry	124
Shortbread, Scotch	131
Seed Cake, Old Fashioned	130
Silver Nut	131
Simnel	131
Sponge	127
Tilden	202
Walnut	130
Wholesome Parkin	132

CANDIES

Chocolate Fudge	144
Clear Almond Taffy	144
Cocoanut Caramels	144
Cream Candy	145
Crisco Drops	145
Crisco Fruit Fudge	145
Everton Taffy	145
Fig Fudge	146
Honey Squares	146
Maple Candy	146
Molasses Candy	146
Peanut Fudge	147

CHEESE DISHES

Aigrettes	197
Biscuit	151
Canapes	161
Cheese Balls	196
Croutons	214
Drops	194
Fondue	219
Ramekins	151

COOKIES, WAFERS, Etc.

Almond Fingers	211
Chocolate Wafers	99
Chocolate Brownies	99
Crisco Brownies	101
Filled Cookies	102
Fruit Cookies	103
Ginger Crisps	203
Ginger Snaps	104
Jumbles	97
Lemon Wafers	106
Maple Cookies	107
Oatmeal Cookies	108
Rose Leaves	110
Shortbread	111
Spice Cookies	112
White Cookies	114

CROQUETTES

Bean	178
Beef	193
Chicken	195
Chestnut Boulettes	231
Egg	141
Pea	227
Pear	227
Potato	152
Potato and Nut	136
Salmon	155
Tomato	228

D DOUGHNUTS

Honey	105
Nut	108
Raised	109
Rich	109

E EGGS

Caramel Custard	178
Creole	140
Curried	140

EGGS

	Page
Cutlets	165
Croquettes	141
Eggs with Cucumbers	141
Eggs with Tomatoes	141
Egg Sandwiches, Fried	85
Savory	142

EGGS

Omelets

Apricot	200
Baked	140
Friar's	159
Kidney	63
Spanish	183

F FISH, Etc.

Blue, Baked	194
Cassolettes of Fish	53
Clams, Scalloped	183
Clams, Steamed	225
Codfish Balls	152
Cod, Boiled	169
Cod, Curried	54
Cod, Steamed	218
Crabs, Dressed	53
Fish, Fried	56
Fish, Fried	198
Fish Pudding	55
Flounder, a la Creme	54
Flounder, a la Turque	55
Gateau of Fish	56
Halibut, Baked	52
Halibut, Grilled with Parmesan	214
Halibut, a la Poulette	166
Halibut Ramekins	192
Halibut Turbans	154
Lobster, Broiled	171
Lobster, Fried with Horseradish Sauce	56
Lobster Newburg	175
Mackerel, Broiled Spanish	167
Mackerel, a la Claudine	175
Mackerel, Cold Vinaigrette	184
Oysters, Fried	171
Oyster Shortcake	57
Salmon, Baked with Colbert Sauce	52
Salmon, Boiled	167
Salmon Croquettes	155
Salmon Mold	57
Salmon, Planked	189
Sardine Canapes	167
Shad, Baked	53
Shad, Planked	170
Scallops	228
Scallops, Baked in Shells	220
Smelts, Broiled	214
Smelts, Fried	222
Smelts, Planked	207
Terrapin, a la Maryland	230
Trout, Baked	190

FRITTERS, GRIDDLE CAKES, Etc.

	Page
Apple Fritters	78
Apricot Fritters	172
Anchovy Fritters	157
Carrot Fritters	175
Corn Fritters	68
Crisco Battercakes	101
French Pancake	199
Fried Cornmeal Nut Cakes	102
Fried Cakes with Apple Sauce	103
Fruit Pancake	195
Italian Fritters	222
Salsify Fritters	160
Sour Milk Griddle Cakes	111
Strawberry Fritters	187
Waffles	113

FRUITS

Apples with Red Currant Jelly	224
Apple Sauce	225
Baked Apples	229
Baked Bananas	181
Devilled Bananas	134

M MEATS

Beef, a la Mode	191
Beef, Braised Fillet	158
Beef Croquettes	193
Beef Collope	59
Beef, Chipped in Cream	183
Beef, Fillet	205
Beef Loaf	151
Beef Loaf	186
Beef Olives	200
Beef Steak Pudding	205
Beef Steak and Kidney Pie	151
Beef Tournedos with Olives	191
Bobotee	182
Brains, Baked	189
Calf's Head Vinaigrette	161
Chops, Breaded	166
Ham, Baked	209
Hearts, Baked Stuffed	164
Indian Dry Curry	213
Kidneys, Broiled with Green Peppers	162
Kidney Omelet	63
Lamb, Casserole	218
Lamb Chops, Broiled	168
Lamb Chops, Stuffed	221
Lamb, Crown, with Peas	180
Lamb, Fricassee with Dumplings	197
Lamb, Leg, Boiled Stuffed	186
Lamb, Salmi	189
Lamb, Spring, Steak, a la Minute	173
Lamb, Tournedos	198
Liver, Baked and Bacon	201
Liver, Stewed with Mushrooms	206
Mutton, Braised Loin	60
Mutton, Braised with Mushrooms	157
Mutton, Boiled	204
Mutton Cutlets	152
Mutton, a la Soubise	168
Meat Cakes	63
Ox Tongue, Braised	176
Ox Tongue, Curried	61
Roast, with Spaghetti	64
Roast, Pot, with Tomato	181
Shepherd's Pie	210
Steak, Beef, Baked	224
Steak, Flank, Stuffed	200
Steak, Porterhouse	208
Steak, Round with Macaroni	63
Steak, Swiss	199
Steak, Sirloin with Fried Apples	65
Stew, Irish	156
Sweet Breads	183
Sweet Breads, Fried	62
Sweet Breads with Mushroom Puree	173
Tripe, Baked	229
Tripe, Fricasseed	197
Toad in the Hole	163
Veal, Blanquette	197
Veal, Braised Fillet	169
Veal Chops	196
Veal Cutlets, Breaded	193
Veal Goulash	159
Veal Haricot	216
Veal and Ham Pie	165
Veal Loaf	180
Veal Pot Pie	172
Venison, Cutlets	220
Venison, Spiced	224

MEATS

Chicken

Casserole	60
Country Club	201
Croquettes	195
Curried	192
Fried	61
Fried, Mexican Style	62
Fried, Swiss Style	213
Fricassee, Brown	153
Grilled	178
Hot Pot	226
Impanada	208
A la King	178
Pie	171
Planked	158
Planked	199
Roast Stuffed	150
Stewed	175
Stewed with Olives	168
Souffle	163
Supreme	160
A la Tartare	60

MEATS

Other Fowls

	Page
Duck, Braised with Turnips	217
Duckling, Roast	187
Fowl, Roast with Chestnuts and Mushrooms	202
Fowl, Pilau	211
Guinea Hen, Roasted	168
Guinea, Roast Chicken	218
Pigeons, Fried	169
Squab, Stewed	208
Turkey, Roast	64

MEATS

Hare and Rabbit

Belgian en Casserole	230
Jugged	149
A la Marengo	217
Roast	152
Stewed	221

P PASTRIES

Cornstarch Pastry	90
Crisco, Plain	90
Crisco, New	90
Flake No. 1	91
Flake No. 2	92
German	93
Hot Water	93
Puff	92
Puff, Rough	93
Sugar for Tartlets	94
Tip Top	90

PASTRIES

Cobblers and Dumplings

Apple Dumplings	78
Fig and Apple Cobbler	226
Peach Cobbler	204

PASTRIES

Pies

Almond Layer	91
Apple	166
Apple	215
Beef Steak and Kidney	151
Blueberry	200
Butterscotch	94
Cherry	188
Chicken	171
Chocolate Cream	218
Cocoanut	227
Cream	181
Double	91
Mince	225
Orange	212
Pumpkin	223
Rhubarb Custard	94
Shepherd's	210
Squash	224
Veal and Ham	165
Veal Pot	172
Washington	162

PASTRIES

Tarts, Etc.

Apple	160
Apricot	95
Bakewell	95
Bartemian	95
Chestnut	217
Currant	94
Fruit	182
German	135
Lemon and Apple	226
Maids of Honor	190
Pastry Fingers	230
Peach Delights	82
Puffs, Orange	213
Puffs, Raisin	227
Roly Poly, Cherry	189
Roly Poly, Raisin	227
Rhubarb Fanchonettes	192
Windsor	201

PUDDINGS

Almond	192
Almond and Apple	221
Amber	210
Apple, Charlotte	212
Apricot	196
Baba with Syrup	222
Baked Indian	220
Beef Steak	205
Black Cap	216
Boston	230
Bird's Nest	165
Bread	226
Bread, with Cherries	210
Cabinet	156
Canned Corn	179
Caramel Bread	79
Caramel Rice	79
Carrot	79
Cherry Blanc-Mange	199
Chestnut Dainty	217
Chocolate	202
Chocolate Bread	188
Chocolate Jelly	80
Chocolate with Macaroons	209
Coburg	159
Cocoanut	219
Conservative	211
Cottage	80
Countess	204
Cranberry	221
Cup	192
Date	222
Eve's	229
Farina	225
Fish	55
Golden	219
Graham	223
Graham, Steamed	166
St. Leonard's	204
Macaroon	201
Macaroni, Baked	223
Molasses Sponge	81
Monica	81
Noodle	81
Nut	211
Peach	199
Pineapple	82
Plum, English	229
Plum, Mrs. Vaughn's	82
Raisin	163
Raisin Batter	213
Raspberry Batter	191
Rhubarb	137
Rhubarb, Baked	78
Rice	83
Rice, Ground	193
Snow Balls	197
Snow Balls, Fruit	158
Snow Pudding, with Custard	206
Sultana	228
Swiss	177
Walnut	83
Woodford	83

PUDDINGS

Souffles

Brown Bread	219
Cherry	195
Cornstarch	228
Date	158
Pineapple	223
Rice	172
Snow	193
Squash	201
Vegetable	136
Vegetable	212

S SALADS

Apple, Celery and Nut	74
Asparagus	74
Cabbage	163
Carrot	186
Celery and Almond	74
Cheese	206
Cream Cheese and Pimiento	154
Daisy	179
Fruit	75
Grapefruit	155
Hungarian	187
Orange	150
Orange and Tomato	75
Pear and Pimiento	189
Potato and Nut	75
Potato and Pimiento	76
Shrimp	76
Waldorf	159
Watercress	190

SANDWICHES

Egg and Anchovy	85
Fried Egg	85
Hot Cheese	211
Hudson	86

SANDWICHES

	Page
Pimiento Cheese	86
Rice	86
Sardine	87
Tomato	87
Tomato and Horseradish	87

SOUPS, Etc.

Artichoke	157
Asparagus	47
Bean, Black	149
Bonne Femme	228
Cauliflower	206
Cheese	48
Chestnut	207
Crab	187
Fish	48
Giblet	216
Hollandaise	174
Hotch Potch	180
Kidney	176
Lentil	49
Mulligatawney	161
Oxtail	164
Okra	216
Pepper Pot	179
Pilau a la Turque	198
Potato	175
Princess	168
Red Pottage	173
Rice (Thick)	50
Scotch Broth	164
Spring	182
Turnip	185
Turtle, Mock	176
Verte	50
White	172

SOUPS
Bisque

Clam	167
Lobster	49
Lobster	150
Oyster	209

SOUPS
Chowder

Clam	206
Corn	173
Fish	185

SOUPS
Cream Soups

Corn, a la Creole	213
Cucumber	190
Lettuce	154
Tomato	48

SOUPS
Puree

Indienne	185
Norfolk	49
Peanut	214
Tapioca	165

V VEGETABLES

Artichokes	215
Artichokes, Jerusalem	69
Asparagus Loaf	177
Asparagus, Italian Style	209
Asparagus, Plain	187
Beans	190
Beans, Baked	200
Bean Croquettes	178
Beans, Lima, Curried	220
Beans, String	188
Beets, Buttered	208
Beets, Creamed	177
Beets, New	203
Beets, Stuffed	71
Brussels Sprouts with Crisco	67
Cabbage, a la Creme	219
Cabbage, German Sour	179
Cabbage, Ladies'	154
Carrot Fritters	175
Carrots, Glazed	188
Carrots, a la Poulette	203
Carrots, Viennese	72
Celeriac	217
Colcannon	67
Corn Creole	207
Corn Fritters	68
Corn Okra and Tomatoes	68
Cauliflower	207
Cauliflower, Curried	68
Cauliflower, au Gratin	155
Cauliflower, Fried	208
Egg Plant, en Casserole	69
Eggplant, Fried	205
Eggplant, Stuffed	71
Eggplant, Stuffed	216
Kohl Rabi, Creamed	203
Lentils and Rice	67
Lentils, Savory	70
Lettuce, Stewed	162
Mushrooms au Gratin	70
Mushrooms Cooked Under Glass Bells	154
Mushrooms, Grilled	164
Onions, Stewed	202
Onions, Stuffed	207
Onions, Stuffed with Nuts	184
Parsnips, Baked	67
Parsley, Fried	69
Peas	186
Peas, Green, a la Maitre d'Hotel	69
Peppers, Stuffed Green	162
Potatoes, Anna	184
Potatoes, Chantilly	203
Potatoes, Creamed au Gratin	68
Potato Croquettes	152
Potatoes, Duchesse	170
Potatoes, Franconia	157
Potatoes, French Fried	180
Potatoes, Grilled	215
Potatoes, Hashed Brown	203
Potatoes, New a la France	70
Potato Pone	70
Potato Puffs	174
Potatoes, Savory	215
Potato Souffle Austrian Style	181
Potatoes, Stuffed	71
Potatoes, Stuffed	186
Potatoes, Sweet, Baked	225
Potatoes, Sweet Candied	153
Potatoes, Sweet Southern Style	209
Scalloped Pumpkin and Rice	216
Slaw, Cold	210
Spinach, a la Creme	166
Spinach, Martha	184
Squash, Souffled	201
Squash, Summer	194
Succotash	204
Tomatoes, Baked Stuffed	208
Tomato Croquettes	228
Tomatoes, Escalloped	153
Tomatoes, Grilled	174
Tomatoes, Stewed	150
Turnips, Creamed	170
Turnips, Mashed	202
Vegetable Souffle	212

VEGETARIAN DISHES

Asparagus Loaf	177
Bananas, Devilled	134
Bean Cutlets	133
Cauliflower Snow	134
Craigie Toast	134
Croquettes Marchette	135
Duck, Mock	210
Goose, Mock	174
Mincemeat, Lemon	134
Nut Loaf	212
Nut and Macaroni Savory	136
Nut Roast	220
Potato and Nut Croquettes	136
Potato Sausage	136
Potato Sefton	137
Rice a la Maigre	137
Rice, Spanish	137
Timbale, Molds	138
Veal Roast, Mock	162
Vegetable Souffle, Mixed	136
Vegetable Pie	138

MISCELLANEOUS

Bombay Toast	160
Croutes, a la Marie	156
Croutes, a la Rosamonde	156
Macaroni a l'Italienne	182
Risotto	155

"Man's most important food, fat."

"Those who say—'The old fashioned things are good enough for us.'"

"The difference between substitute and primary."

"That 'Lardy' taste."

"Fry fish, then onions, then potatoes in the same Crisco."

"We all eat raw fats."

"A woman can throw out more with a teaspoon than a man can bring home in a wagon."

"Hidden flavors."

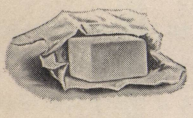
"Keeping parlor and kitchen strangers."

"Kosher."

"Recipes tested by Domestic Scientists."

INTRODUCTION

The word "fat" is one of the most interesting in food chemistry. It is the great energy producer. John C. Olsen, A. M., Ph. D., in his book, "Pure Food," states that fats furnish half the total energy obtained by human beings from their food. The three *primary*, solid cooking fats today are:



Butter

Lard

Crisco

There are numbers of substitutes for these, such as butterine, oleomargarine and "lard compounds."

The following pages contain a story of unusual interest to *you*. For you *eat*.

See Page 233

The Story of Crisco

THE culinary world is revising its entire cook book on account of the advent of Crisco, a new and altogether different cooking fat.

Many wonder that any product could gain the favor of cooking experts so quickly. A few months after the first package was marketed, practically every grocer of the better class in the United States was supplying women with the new product.

This was largely because four classes of people—housewives—chefs—doctors—dietitians—were glad to be shown a product which at once would make for more *digestible* foods, more *economical* foods, and better *tasting* foods.

Cooking and History

Cooking methods have undergone a marked change during the past few years. The nation's food is becoming more and more wholesome as a result of different discoveries, new sources of supply, and the intelligent weighing of values. Domestic Science is better understood and more appreciated.

People of the present century are fairer to their stomachs, realizing that their health largely depends upon this faithful and long-suffering servant. Digestion and disposition sound much the same, but a good disposition often is wrecked by a poor digestion.

America has been termed a country of dyspeptics. It is being changed to a land of healthy eaters, consequently happier individuals. Every agent responsible for this national digestive improvement must be gratefully recognized.

It seems strange to many that there can be anything *better* than butter for cooking, or of greater utility than lard, and the advent of Crisco has been a shock to the older generation, born in an age less progressive than our own, and prone to contend that the old fashioned things are good enough.

But these good folk, when convinced, are the greatest enthusiasts. Grandmother was glad to give up the fatiguing spinning wheel. So the modern woman is glad to stop cooking with expensive butter, animal lard and their inadequate substitutes.

And so, the nation's cook book has been hauled out and is being revised. Upon thousands of pages, the words "lard" and "butter" have been crossed out and the word "Crisco" written in their place.

A Need Anticipated

Great foresight was shown in the making of Crisco.

The quality, as well as the quantity, of lard was diminishing steadily in the face of a growing population. Prices were rising. "The high-cost-of-living" was an oft-repeated phrase. Also, our country was outgrowing its supply of butter. What was needed, therefore, was not a *substitute*, but something *better* than these fats, some product which not only would accomplish as much in cookery, but *a great deal more.*

When, therefore, Crisco was perfected, and it was shown that here finally was an altogether *new* and *better* fat, cookery experts were quick to show their appreciation.

In reading the following pages, think of Crisco as a *primary* cooking fat or shortening with even more individuality (because it does greater things), than all others.

Man's Most Important Food, Fat

No other food supplies our bodies with the *drive*, the vigor, which fat gives. No other food has been given so little study in proportion to its importance.

Here are interesting facts, yet few housewives are acquainted with them:

Fat contains more than twice the amount of energy-yielding power or calorific value of proteids or carbohydrates. One half our physical energy is from the fat we eat in different forms. The excellent book, "Food and Cookery for the Sick and Convalescent," by Fannie Merritt Farmer, states, "In the diet of children at least, a deficiency of fat cannot be replaced by an excess of carbohydrates; and that fat seems to play some part in the formation of young tissues which cannot be undertaken by *any other constituent of food*....."

The book entitled "The Chemistry of Cooking and Cleaning," by the two authorities, Ellen H. Richards and S. Maria Elliott, states that the diet of school children should be regulated carefully with the fat supply in view. Girls, especially, show at times a dislike for fat. It therefore is necessary that the fat which supplies their growing bodies with energy should be in the purest and most inviting form and should be one that their digestions *welcome*, rather than repel.

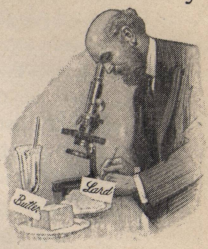
The first step in the digestion of fat is its melting. Crisco melts at a lower degree of heat than body temperature. Because of its low melting point, thus allowing the digestive juices to mix with it, and because of its vegetable origin and its purity, Crisco is the easiest of all cooking fats to digest.

When a fat smokes in frying, it "breaks down," that is, its chemical composition is changed; part of its altered composition becomes a non-digestible and irritating substance. The best fat for digestion is one which does *not* decompose or break down at frying temperature. Crisco does not break down until a degree of heat is reached *above* the frying point. In other words, Crisco does not break down at all in normal frying, because it is not necessary to have it "smoking hot" for frying. No part of it, therefore, has been transformed in cooking into an irritant. That is one reason why the stomach welcomes Crisco and carries forward its digestion with ease.

Working Towards an Ideal

A part of the preliminary work done in connection with the development of Crisco, described in these pages, consisted of the study of the older cooking fats. The objectionable

features of each were considered. The good was weighed against the bad. The strength and weakness of each was determined. Thus was found what the ideal fat should possess, and what it should *not* possess. It must have every good quality and no bad one.



After years of study, a process was discovered which made possible the ideal fat.

The process involved the changing of the composition of vegetable food oils and the making of the richest fat or solid *cream.*

The Crisco Process at the first stage of its development gave, at least, the basis of the ideal fat; namely, a purely *vegetable* product, differing from all others in that absolutely no animal fat had to be added to the vegetable oil to produce the proper stiffness. This was but one of the many distinctive advantages sought and found.

Not Marketed Until Perfect

It also solved the problem of eliminating certain objectionable features of fats in general, such as rancidity, color, odor, smoking properties when heated. These weaknesses, therefore, were not a part of this new fat, which it would seem was the parent of the Ideal.

Then after four years of severe tests, after each weakness was replaced with strength the Government was given this fat to analyze and classify. The report was that it answered to none of the tests for fats already existing.

A Primary Fat

It was neither a butter, a "compound" nor a "substitute," but *an entirely new product.* A *primary* fat.

In 1911 it was named Crisco and placed upon the market.

Today you buy this rich, wholesome cream of nutritious food oils in sanitary tins. The "Crisco Process" alone can produce this creamy white fat. No one else can manufacture Crisco, because no one else holds the secret of Crisco

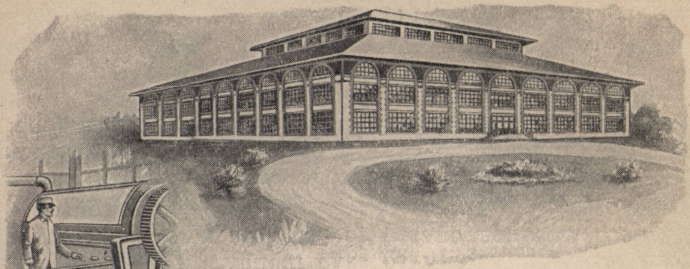
and because they would have no legal right to make it. Crisco is Crisco, and nothing else.

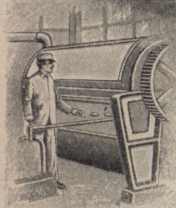
Finally Economical

At first, it looked very much as if Crisco must be a high-priced product. It cost its discoverers many thousands of dollars before ever a package reached the consumer's kitchen.

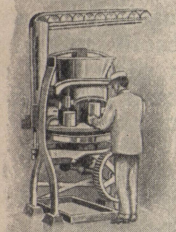
Crisco was not offered for sale as a *substitute*, or for housewives to buy only to save money. The chief point emphasized was, that Crisco was a richer, more wholesome food fat for cooking. Naturally, therefore, it was good news to all when Crisco was found also to be more economical.

Crisco is more economical than lard in another way. It makes richer pastry than lard, and one-fifth less can be used. Furthermore it can be used over and over again in frying all manner of foods, and because foods absorb so little, Crisco is in reality more economical even than lard of *mediocre* quality. The *price* of Crisco is lower than the average price of the best pail lard throughout the year.

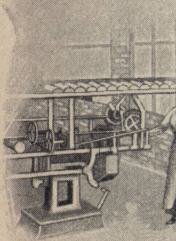




COOLING IN A ROOM WITH GLASS WALLS



FILLING BY MACHINERY



AUTOMATIC LABELING

Crisco's Manufacture

It would be difficult to imagine surroundings more appetizing than those in which Crisco is manufactured. It is made in a building devoted exclusively to the manufacture of this one product. In sparkling bright rooms, cleanly uniformed employees make and pack Crisco.

The air for this building is drawn in through an apparatus which washes and purifies it, removing the possibility of any dust entering.

The floors are of a special tile composition; the walls are of white glazed tile, which are washed regularly. White enamel covers metal surfaces where nickel plating cannot be used. Sterilized machines handle the oil and the finished product. No hand touches Crisco until in your own kitchen the sanitary can is opened, disclosing the smooth richness, the creamlike, appetizing consistency of the product.

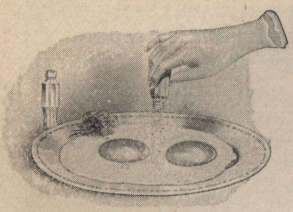
The Banishment of That "Lardy" Taste in Foods

It was the earnest aim of the makers of Crisco to produce a strictly *vegetable* product without adding a hard, and consequently indigestible animal fat. There is today a pronounced partiality from a health standpoint to a vegetable fat, and

the lardy, greasy taste of food resulting from the use of animal fat never has been in such disfavor as during the past few years.

So Crisco is absolutely *all* vegetable. No stearine, animal or vegetable, is added. It possesses no taste nor odor save the delightful and characteristic aroma which identifies Crisco, and is suggestive of its purity.

Explanation of "Hidden" Food Flavors



When the dainty shadings of taste are over-shadowed by a "lardy" flavor, the *true* taste of the food itself is lost. We miss the "hidden" or *natural* taste of the food. Crisco has a peculiar power of bringing out the very best in food flavors. Even the simplest foods are allowed a delicacy of flavor.

Take ginger bread for example: The real *ginger* taste is there. The true *molasses* and spice flavors are brought out.

Or just plain, every-day fried potatoes; many never knew what the real *potato* taste was before eating potatoes fried in Crisco.

Fried chicken has a newness of taste not known before.

New users of Crisco should try these simple foods first and later take up the preparation of more elaborate dishes.

Butter, Ever Popular

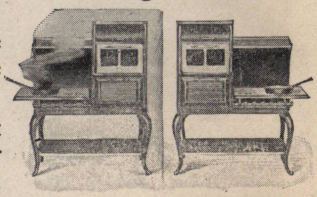
It is hard to imagine anything taking the place of butter upon the dining table. For seasoning in cooking, the use of butter ever will be largely a matter of taste. Some people have a partiality for the "butter flavor," which after all is largely the salt mixed with the fat. Close your eyes and eat some fresh unsalted butter; note that it is practically tasteless.

Crisco contains richer food elements than butter. As Crisco is richer, containing no moisture, one-fifth or one-fourth less can be used in each recipe.

Crisco always is uniform because it is a manufactured fat where quality and purity can be controlled. It works perfectly into any dough, making the crust or loaf even textured. It keeps sweet and pure indefinitely in the ordinary room temperature.

Keep Your Parlor and Your Kitchen Strangers

Kitchen odors are out of place in the parlor. When frying with Crisco, as before explained, it is not necessary to heat the fat to *smoking* temperature. Ideal frying is accomplished without bringing Crisco to its smoking point. On the other hand, it is necessary to heat lard "smoking hot" before it is of the proper frying temperature. Remember also that, when lard smokes and fills the house with its strong odor, certain constituents have been changed chemically to those which irritate the sensitive membranes of the alimentary canal.



The Lard Kitchen. *The Crisco Kitchen—No Smoke.*

Crisco does not smoke until it reaches 455 degrees, a heat higher than is necessary for frying. You need not wait for Crisco to smoke. Consequently the house will not fill with smoke, nor will there be black, burnt specks in fried foods, as often there are when you use lard for frying.

Crisco gives up its heat very quickly to the food submerged in it and a tender, brown crust almost *instantly* forms, allowing the inside of the potatoes, croquettes, doughnuts, etc., to become *baked*, rather than soaked.

Fry this—

Then this—

Then this—
in the same Crisco

The same Crisco can be used for frying fish, onions, potatoes, or any other food. Crisco does not take up food flavors or odors. After frying each food, merely strain out the food particles.

We All Eat Raw Fats

The shortening fat in pastry or baked foods, is merely distributed throughout the dough. No chemical change occurs during the baking process. So when you eat pie or hot biscuit, in which animal lard is used, *you eat raw animal lard.* The shortening used in all baked foods therefore, should be just as pure and wholesome as if you were eating it like butter upon bread. Because Crisco digests with such ease, and because it is a pure vegetable fat, all those who realize the above fact regarding pastry making are now won over to Crisco.

A hint as to Crisco's purity is shown by this simple test: Break open a hot biscuit in which Crisco has been used. You will note a sweet fragrance. which is most inviting.

A few months ago if you had told dyspeptic men and women that they could eat pie at the evening meal and that distress would not follow, probably they would have doubted you. Hundreds of instances of Crisco's healthfulness have been given by people, who at one time have been denied such foods as pastry, cake and fried foods, but who *now* eat these rich, yet digestible Crisco dishes.

You, or any other normally healthy individual, whose digestion does not relish greasy foods, can eat rich pie crust. The richness is there, but not the unpleasant after effects. Crisco digests *readily.*

The Importance of Giving Children Crisco Foods

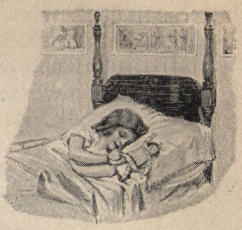
A good digestion will mean much to the youngster's health and character. A man seldom seems to be stronger than his stomach, for indigestion handicaps him in his accomplishment of big things.

As more attention is given to *present* feeding, less attention need be given to *future* doctoring.

Equip your children with good stomachs by giving them wholesome Crisco foods—foods which digest with ease.

They may eat the rich things they enjoy and find them just as digestible as many apparently simple foods, if Crisco be used properly.

They may eat Crisco doughnuts or pie without being chased by nightmares. Sweet dreams follow the Crisco supper.



The Great Variety of Crisco Foods

There are thousands of Crisco dishes. It is impossible to know the exact number, because Crisco is used for practically every cooking purpose. Women daily tell us of new uses they have found for Crisco.

Many women *begin* by using Crisco in simple ways, for frying, for baking, in place of lard. Soon, however, they learn that Crisco *also* takes the place of butter. "Butter richness without butter expense," say the thousands of Crisco users.

Tasty scalloped dishes, salad dressing, rich pastry, fine grained cake, sauces and hundreds of other dishes, where butter formerly was used, now are prepared with Crisco.

"A Woman Can Throw Out More with a Teaspoon Than a Man Can Bring Home in a Wagon"

Kitchen expense comes by the *spoonful.* Think of the countless spoonfuls of expensive butter used daily, where economical Crisco would accomplish the same results at one-third the cost.

It should be remembered that one-fifth less Crisco than butter may be used, because Crisco is *richer* than butter. The moisture, salt and curd which butter contains to the extent of about 20 per cent are not found in Crisco, which is *all,* (100 per cent) shortening.

Remember also that Crisco will average *a lower price per pound throughout the year than the best pail lard.* And you can use less Crisco than lard, which is a further saving.

Hotel Kitchen

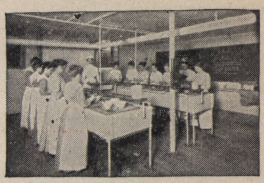
Domestic Scientists Use Crisco

Brief, Interesting Facts

Crisco is being used in an increasing number of the better class hotels, clubs, restaurants, dining cars, ocean liners.

Crisco has been demonstrated and explained upon the Chautauqua platform by Domestic Science experts, these lectures being a part of the regular course.

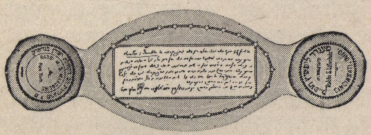
Domestic Science teachers recommend Crisco to their pupils and use it in their classes and lecture demonstrations. Many High Schools having Domestic Science departments use Crisco.



Hospital Dietetic Class

Crisco has taken the place of butter and lard in a number of hospitals, where purity and digestibility are of *vital* importance.

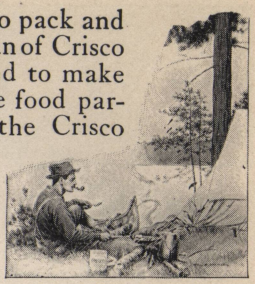
Crisco is Kosher. Rabbi Margolies of New York, said that the Hebrew Race had been waiting 4,000 years for Crisco. It conforms to the strict Dietary Laws of the Jews. It is what is known in the Hebrew language as a "parava," or neutral fat. Crisco can be used with both "milchig" and



The Kosher Seal

"fleichig" (milk and flesh) foods. Special Kosher packages, bearing the seals of Rabbi Margolies of New York, and Rabbi Lifsitz of Cincinnati, are sold the Jewish trade. But all Crisco is Kosher and all of the same purity.

Campers find Crisco helpful in many ways. Hot climates have little effect upon its wholesomeness.



It is convenient; a handy package to pack and does not melt so quickly in transit. One can of Crisco can be used to fry fish, eggs, potatoes and to make hot biscuit, merely by straining out the food particles after each frying and pouring the Crisco back into the can to harden to proper consistency before the biscuit making.

Practically every grocer who has a good trade in Crisco, uses it in his own home.

Crisco is sold by net weight. You pay *only* for the Crisco —not the can. Find the net weight of what you have been using.

Bread and cake keep fresh and moist much longer when Crisco is used.

Women have written that they use empty Crisco tins for canning vegetables and fruits, and as receptacles for kitchen and pantry use.

Crisco's Manufacture Scientifically Explained

To understand something of the Crisco Process, it is necessary first to know that there are three main constituents in all the best edible oils.

Linoline,
Oleine,
Stearine.

The chemical difference between these three components is solely in the percentage of hydrogen contained, and it is possible by the addition of hydrogen, to transform one component into another.

Though seemingly so much alike, there is a marked difference in the physical properties of these components.

Linoline which has the lowest percentage of hydrogen, is unstable and tends to turn rancid.

Oleine is stable, has no tendency to turn rancid and is easily digested.

Stearine is both hard and indigestible.

The Crisco process adds enough hydrogen to change almost all the linoline into nourishing digestible oleine.

Mark well the difference in manufacture between Crisco and lard compounds. In producing a lard compound, to the linoline, oleine and stearine of the original oil is added more stearine (usually animal), the hard indigestible fat, in order to bring up the hardness of the oil. The resultant compound is indigestible and very liable to become rancid.

The following pages contain 615 recipes which have been tested by Domestic Science Authorities in the Cooking Departments of different colleges and other educational institutions, and by housewives in their own kitchens. Many have been originated by Marion Harris Neil and *all* have been tested by her.

We have undertaken to submit a comprehensive list of recipes for your use, which will enable you to serve menus of wide variety.

We hope that you have enjoyed reading this little volume and that you will derive both help and satisfaction from the recipes.

We will go to any length to help you in the cause of Better Food. We realize that women must study this product as they would any other altogether new article of cookery, and that the study and care used will be amply repaid by the palatability and healthfulness of all foods. A can of Crisco is no Aladdin's Lamp, which merely need be touched by a kitchen spoon to produce magical dishes. But *any* woman is able to achieve excellent results by mixing thought with Crisco.

Let us know how you progress.

Yours respectfully,

The Procter & Gamble Co.

Things to Remember in Connection with These Recipes

Use level measurements

No need for Crisco to occupy valuable space in the refrigerator. In fact, except in most unusual summer heat, it will be of a better consistency outside the refrigerator. Crisco keeps sweet indefinitely, summer and winter, at ordinary room temperature.

In making sauces, thoroughly blend the flour and Crisco before adding the milk.

In using melted Crisco in boiled dressing, croquettes, rolls, fritters, etc., be sure that the melted Crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

When using in place of butter, add salt in the proportion of one level teaspoonful to one cup of Crisco.

Remember that Crisco, like butter, is susceptible to cold. It readily becomes hard. In creaming Crisco in winter use the same care as when creaming butter. Rinse pan in boiling water and have the Crisco of the proper creaming stiffness before using. Unlike butter, however, Crisco's purity is not affected by weather. It remains sweet and pure indefinitely without refrigeration.

In deep frying, do not wait for Crisco to smoke. (See page 35.)

Remember That—

When pie crust is tough: It is possible you have not used Crisco properly. Perhaps the measurements were not correct. Perhaps the water was too warm, or the dough was handled too much. Shortening cannot make pastry tough.

When fried foods absorb: It is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

When cake is not a success: It is not the fault of the Crisco. Either too much was used, the oven heat not perfectly controlled or some important ingredient was used in the wrong proportion. Crisco should be creamed with the sugar more thoroughly than butter, as Crisco contains no moisture to dissolve the sugar.

When cake or other food is not flavory: Salt should have been added to the Crisco, for Crisco contains no salt.

When there is smoke in the kitchen: Crisco has been burned or heated too high for frying. Or some may have been on the *outside* of the pan or kettle.

When Crisco is too hard: Like butter, it is susceptible to heat and cold. Simply put in a warmer place.

Hints to Young Cooks

Also, How to Choose Foods, Methods of Cooking, Cooking Time Table, The Art of Carving, by MARION HARRIS NEIL.

BEFORE commencing to cook, look up the required recipe, read and think it out. Note down on a slip of paper the materials and quantities required. Collect all utensils and materials required before commencing. Success in cookery depends on careful attention to every detail from start to finish. Quantities, both liquid and dry, should be exact. Small scales and weights should form part of the kitchen equipment where possible, and the measuring cups cost so little that no one need be without them.

Throughout this book
the measurements are level

How to Choose Foods

MONEY can be spent to infinitely better advantage in the store, than by giving orders at the door, by phone or mail. Every housekeeper knows how large a proportion of the housekeeping money is swallowed up by the butcher's bill, so that with the meat item careful selection is most necessary in order to keep the bills within bounds.

In choosing meat of any kind the eye, the nose and the touch really are required, although it is not appetizing to see the purchaser use more than the eye.

Beef

In choosing meat it should be remembered that without being actually unwholesome, it varies greatly in quality, and often an inferior joint is to be preferred from a first class beast to a more popular cut from a second class animal. To be perfect the animal should be five or six years old, the flesh of a close even grain, bright red in color and well mixed with creamy white fat, the suet being firm and a clear white. Heifer meat is smaller in the bone and lighter in color than ox beef. Cow beef is much the same to look at as ox beef, though being older it is both coarser in the grain and tougher; bull beef, which is never seen however, in a first class butcher's may be recognized by the coarseness and dark color of the flesh, and also by a strong and almost rank smell.

Mutton

To be in perfection, mutton should be at least four, or better five or six years old, but sheep of this age are rarely if over, met with now-a-days, when they are constantly killed under two years. To know the age of mutton, examine the breast bones; if these are all of a white gristly color the animal was four years old or over, while the younger it is the pinkier are the bones, which, in a sheep of under a year, are entirely red.

Good mutton should be of a clear dark red, the fat firm and white, and not too much of it; when touched the meat should feel crisp yet tender. If the fat is yellow and the lean flabby and damp, it is bad. A freshly scraped wooden skewer run into the meat along the bone will speedily enable anyone to detect staleness. For roasting mutton scarcely can be hung too long,

as long as it is not tainted; but for boiling it must not be kept nearly so long or the meat will be of a bad color when cooked.

Lamb

The freshness of lamb is comparatively easy to distinguish, as if fresh the neck vein will be a bright blue, the knuckles stiff, and the eyes bright and full.

Veal

Veal is at its best when the calf is from three to four months old. The meat should be of a close firm grain, white in color and the fat inclining to a pinkish tinge. Veal is sometimes coarser in the grain, and redder in the flesh, not necessarily a mark of inferiority, but denoting the fact that calf has been brought up in the open. Like all young meat, veal turns very quickly, therefore it never should hang more than two or three days. In choosing veal always examine the suet under the kidney; if this be clammy and soft, with a faint odor, the meat is not good, and always reject any that has greenish or yellowish spots about it. The head should be clean skinned and firm, the eyes full and clear, the kidneys large and well covered with fat, the liver a rich dark clear color, free from any spots or gristle, while the sweetbreads should be firm, plump, of a delicate color, and free from strings.

Pork

The flesh of pork, when in good condition, is a delicate pinky white, with a close fine grain; the fat, which should not be too abundant, of a white color, very faintly tinged with pink; the skin should be thin and elastic to the touch, and the flesh generally cool, clean, and smooth looking; if, on the contrary, the flesh is flabby and clammy when touched, it is not fresh.

Pork, like all white meat, is quick to taint, and never should be kept long before cooking. If you have the slightest doubt about pork, it is best to reject it, for unlike other meat which may be quite wholesome and usable, though not of precisely prime quality, pork *must* be in really first class condition to be wholesome, and therefore it is impossible to be too particular in the choice of it. Always if possible look at the tongue, for, as in beef, this is a very fair criterion of the condition of the animal; a freshly scraped new wooden skewer run into the meat along the bone is a good test of the freshness of the pork, and be careful especially to examine the fat, for if there be little kernels in it the pork is "measly,"

a very common disease among pigs, and one particularly unwholesome to the consumer.

Pigs for fresh pork should be of medium size, not over fat, and under a year old. Pigs destined to become bacon are usually older and larger. Sucking pigs should be small, and are best when about three weeks old. A sucking pig should be cooked as soon as possible after it is killed, as it taints very quickly; unless fresh, no care in the cooking will make the crackling crisp, as it should be.

Ham—Bacon

Good bacon has the lean of a bright pink and fine in the grain, while the fat is white and firm. If the lean is high colored, it probably has been over salted and is old besides, and in consequence will be hard and salty; while if there be yellow marks in the fat, and a curious, rather musty smell, it will have an unpleasant taste. In choosing a ham always run a clean knife or skewer in at the knuckle, and also at the center; if it comes out clean and smelling sweet, the ham is good; but if out of order the blade of the knife will be smeared and greasy looking, and have a disagreeable, strong odor.

Venison

The condition of venison is judged chiefly by the fat, which should be a clear creamy white color, and close in texture. Always try venison by running a sharp knife along the haunch bone, which is usually the first to turn; if, in taking it out, the knife has a blackish-green look and an unpleasant odor, the meat is tainted, and unfit for use. Venison requires to be kept a considerable time before it is in proper condition, and needs great care in its management. It must be examined carefully every day, and if there is the slightest doubt, it should be washed in lukewarm milk and water, then dried in clean cloths, and when perfectly dry, should be covered thickly all over with ground ginger and pepper; when required for use, dust off the pepper and ginger, and wash the meat in a little lukewarm water, and dry it thoroughly. Venison, like mutton, improves with age, and this can be judged by the condition of the hoof, which in a young animal has a small, smooth cleft, while in an old one it is deeply cut and rugged. The haunch is the prime joint, its perfection depending on the greater or less depth of the fat on it. The neck and shoulder also are very good. They are used chiefly for stews or pies.

Hares and Rabbits

A hare when fresh killed is stiff and red; when stale, the body is supple and the flesh in many parts black. If the hare be old the ears will be tough and dry, and will not tear readily. Rabbits may be judged in the same manner. In both, the claws should be smooth and sharp. In a young hare the cleft in the lip is narrow, and the claws are cracked readily if turned sideways.

Poultry

Poultry to be perfect, should have just reached their full growth (the only exceptions to this are "spring chickens," ducklings, goslings, etc., which are considered delicacies at certain seasons); they should be plump, firm fleshed, and not over fatted. Over-fed fowls are often a mass of greasy fat, which melts in the cooking and spoils the flavor of the bird. A hen is at her best just before she begins to lay; her legs should be smooth, her comb small, bright, and soft. A young cock has the comb full, bright colored, and smooth, the legs smooth, the spurs short, and in both the toes should break easily when turned back, and the weight of the birds should be great in proportion to their size. Contrary to the practice with game, poultry never should be kept long, as they turn easily, and are spoilt if the least high. They also require longer cooking, in proportion to their size, than game, and never should be underdone. Dark-legged fowls are best for roasting, as their flesh is moister and better flavored cooked in this way than the white-legged ones, which from their greater daintiness of appearance are to be preferred for boiling.

Turkeys should be plump, white-fleshed, young, the legs plump and firm, black and smooth, with (in the cock) short spurs, the feet soft and supple; the eyes should be full and clear, the neck long, and the wattles of a bright color. A hen turkey is best for boiling. Like fowls, an old turkey is fit for nothing but the stewpan or the stockpot. Turkeys require hanging for at least a week, though they must never be "high" or "gamey."

Geese always should be chosen young, plump, and full breasted, a white skin, a yellow smooth bill, the feet yellow and pliable. If the feet and bill are red and hard, and the skin hairy and coarse, the bird is old. Geese should be hung for a few days. Ducks, like geese, should have yellow, supple feet; the breasts full and hard, and the skin clear. Wild ducks should be fat, the feet small, reddish, and pliable, the breast firm and heavy. If not fresh, there will be a disagreeable smell

when the bill is open. The male is generally the more expensive, though the female is usually more delicate in flavor.

Pigeons always should be young and extremely fresh, and when so, they are plump and fat, with pliable smooth feet.

NOTE—In selecting game pluck a few feathers from the under part of the leg; if the skin is not discolored the bird is fresh. The age may be known by placing the thumb into the beak, and holding the bird up with the jaw apart; if it breaks it is young; if not, it is old, and requires longer keeping before cooking to be eatable.

Guinea-fowl are judged like poultry, but require hanging for some time.

Fish

Fish in good condition usually is firm and elastic to the touch, eyes bright and prominent, gills fresh and rosy. If the fish is flabby, with sunken eyes, it either is stale or out of condition.

Salmon should have a small head and tail, full thick shoulders, clean silvery scales, and its flesh of a rich yellowish pink. When quite fresh there is a creamy curd between the flakes, which are stiff and hard; but if kept this melts, softening the flesh and rendering it richer, but at the same time less digestible.

Trout, in spite of the difference in size, may be judged by the same rule as salmon. However, it will not bear keeping, deteriorating rapidly.

Cod, unlike salmon, should have a large head and thick shoulders; the flesh being white and clear, and separating easily into large flakes, the skin clean and silvery. Most people consider cod improves by being kept for a day or two and very slightly salted.

Herrings must be absolutely fresh to be good, and when in this state their scales shine like silver. If kept over long their eyes become suffused with blood.

Mackerel also must be quite fresh. They never should be bought if either out of condition or season. If fresh they are peculiarly beautiful fish, their backs of an iridescent blue green barred with black, and their bellies of a pearly whiteness.

Smelts should be stiff and silvery, with a delicate perfume faintly suggestive of cucumber.

Halibut is a wholesome fish. It should be middling size, thick and of a white color.

Lobsters, Crabs, Prawns, and Shrimps are stiff, and with the tails tightly pressed against the body. With the former, weight is a great guide, as the heavier they are the better; but if there be the least sign of wateriness, they should be rejected at once.

Vegetables

Green vegetables always are at their best when cheapest and most plentiful. Out of season they never have the same flavor, however well they may be grown. Excepting artichokes, all summer vegetables, as lettuce, peas, beans, and asparagus should be cooked as soon as possible after gathering. The freshness of most vegetables may be ascertained easily by taking a leaf or a pod between the fingers. If fresh this will snap off short and crisp, while if stale it will be limp and soft. It is an economy to buy winter vegetables, such as carrots, parsnips, turnips, beets, celery, and potatoes in large quantities, if you have storage room, as if buried in sand and kept from the frost they may be kept a considerable time. Onions should be kept hung up in a cool, dry place. If allowed to sprout the flavor becomes rank and coarse.

Eggs

A mode of ascertaining the freshness of eggs is to hold them before a lighted candle or to the light, and if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs may be preserved, however, for a considerable time without any further special precaution than that of keeping them in a cool place. A very effective method of preserving eggs for winter use is to rub a little melted Crisco over each to close the pores, and then to pack the eggs in bran, salt or sawdust, not allowing them to touch each other.

Methods of Cooking

THERE are seven chief methods of cooking meat—roasting, boiling, baking, stewing, frying, broiling and poaching.

The first three are most suitable for joints weighing four pounds or more, but not satisfactory for smaller pieces which are liable to become hard and flavorless by the drying up or loss of their juices.

Of the other three methods, stewing may be applied to fairly large and solid pieces, but it is better for smaller thin ones, while frying and broiling can be used only for steaks, chops, and similar cuts.

Braising and steaming are combinations and modifications of these methods.

Roasting

Roasting is one of the oldest methods of cooking on record, and still remains the favorite form of cooking joints of meat or birds. The success of every method of cooking depends largely upon the correct management of the fire. In roasting, this is particularly the case, as a clear, brisk and yet steady fire is needed. To roast a joint it should be placed before great heat for the first ten minutes and then allowed to cook more slowly. The great heat hardens the outside of the meat and keeps in the juices. If allowed to cook quickly all the time the meat is likely to be tough. The fire should be bright and clear. The joint should be basted about every ten minutes, as this helps to cook it, keeps it juicy and improves the flavor. The time allowed is fifteen minutes for every pound, twenty minutes over for beef and mutton; for veal and pork twenty minutes for every pound and thirty minutes over.

Oven Roasting

Roasting in the oven of ordinary coal stoves or ranges is not considered so good as roasting before an open fire; nevertheless it may be said safely that the greatest part of

meat roasting is done in close ovens. It appears, from various experiments that meat roasted or baked in a close oven loses rather less of its weight than if roasted by an open fire.

The excellence of a roast depends to a great extent upon the amount of basting it receives.

Some cooks season a joint before it is cooked, while others season it with salt and pepper just before it is served. There is a difference of opinion as to which is the more correct way of the two. Meat of newly killed animals requires longer cooking than meat which has been hung for a time.

In warm weather joints require slightly less time for roasting than in cold.

Boned and rolled or stuffed meats require longer cooking than the same joints would if neither rolled nor stuffed. The meat of young animals and that of old ones requires different treatment. As a rule young flesh, containing less fibrine, requires longer cooking. White meat, such as pork, veal and lamb, always should be well cooked and never must be served rare. The exact time and process of roasting must be left to the good management of the cook, who must be guided by circumstances and conditions. The cook's business is to serve the joint as full of nourishing qualities as possible. Though roasting is considered one of the easiest and most simple processes of cookery, it really requires quite as much attention to obtain perfect results as is necessary to prepare so-called "made" dishes, the recognized test for good cooks.

Boiling

Boiling (of fresh meat).—This is cookery by immersion in boiling liquid, which after a few minutes is reduced to simmering. The object of the high temperature at first is to harden the surface albumen and so seal the pores and prevent the escape of the juices. If continued too long, this degree of heat would tend to toughen the joint throughout; after the first few minutes, therefore, the heat must be reduced to about 180° F. The pan used for boiling meat should be only just large enough to hold the joint, and the quantity of liquid no more than is required to cover it. For the boiling of salt meat the general rule of first hardening the surface is not to be followed. The salting of meat withdraws a large proportion of its juices, while at the same time the salt hardens the fibres, and this hardness would be intensified by extreme heat. Very salt meat sometimes is soaked in cold water to

extract some of the salt, but whether this is done or not, the rule for boiling salt meat is to immerse it in cold or tepid water and bring slowly to boiling point; boil for five minutes to seal the pores and prevent any further loss of juice, then reduce to 180° F., and maintain a uniform temperature till the meat is cooked. Salt meat takes longer to cook than fresh meat, and the saltness may be qualified by boiling vegetables with the meat, turnips especially being useful for this purpose.

Baking

The actual differences between roasting and baking are not great, the terms being frequently interchanged. Meat loses rather less weight when baked than when roasted, but the flavor of meat is inferior and less developed. The heat of an oven being steadier, baking takes somewhat less time than roasting. In a gas oven having an open floor the current of air is not impeded, and such baking very nearly approaches roasting, and the flavor generally is acknowledged to be the same.

Stewing

Stewing is cooking slowly with a small quantity of liquid in a covered vessel. The method is specially suitable for the coarser and cheaper parts of meat, which are rendered tender without loss of their juices. The usual plan is to make a gravy flavored and colored to suit the stew, and after the ingredients are well blended and cooked to lay the meat in the boiling liquid. After about two minutes boiling, the temperature is reduced to simmering, about 160° F., a lower temperature than that required for a large joint of "boiled" meat. The time depends greatly on the quality of the meat, but none will stew satisfactorily in less than from one and a half to two hours, and the longer allowance is to be preferred.

Broiling

Broiling, sometimes called grilling, is cooking by the direct action of fire brought almost into contact with the meat. The outer surface is burned or seared, the albumen hardened and the juices, which have a tendency to escape on the side turned from the heat, are retained in the meat by frequent turning. The fire for broiling must be very clear, intensely hot and high in the grate. The utensil required for broiling is a gridiron, the bars of which are greased and heated to

prevent sticking and subsequent tearing of the meat. The gridiron is laid quite close over the heat, so that the lower surface is dried and hardened at once.

The meat must be turned at very short intervals before the juices have been driven from the heat to the opposite surface. If once allowed to reach the surface, they will be thrown off in turning and lost, the meat being correspondingly impoverished. By constant turning the juices are kept moving backwards and forwards, and the meat remains moist and full of flavor. Each side should be exposed to the fire about three times, and it is not desirable to use meat less than one inch or more than one and a half to two inches thick for the purpose.

The thinner pieces should have even greater heat applied than the thick ones, as the longer thin ones are exposed to the fire the more dry and tasteless they become, while the thicker pieces may be slightly withdrawn after thoroughly hardening the surface and cooked rather more slowly that the heat may penetrate to the center. The frequent turning must be continued, or the juices will reach the hardened outer fibres, soften them, and escape.

If a double broiler is used the turning is managed easily, but with a single gridiron care must be taken not to puncture the meat by using a fork. Steak tongs are made for the purpose of lifting and turning broiled meat, but a spoon or a spoon and knife will answer. A single rim of fat on the chop or steak will tend to keep the edge moist and baste the meat, but too much will cause flame to rise in continuous jet, making the surface smoky. If there is absolutely no fat on the piece to be broiled, morsels of finely chopped suet may be occasionally thrown into the fire, so the sudden spurt of flame from this source leaves a deposit of fat on the meat which improves the flavor, and, without softening the albumen, prevents its becoming uneatably hard and dry.

Frying

Frying may be looked on as a derivative of broiling, and passes by easy stages, from broiling on a slightly greased metal plate, or *sautéing* in a shallow pan in a small quantity of Crisco, to cooking by actual immersion into a bath of hot fat. In a house where small and delicately made dishes are in demand, and where variety in the re-dressing of cold meats has

to be studied, this frying in deep fat is one of the cook's most needed accomplishments. Though exceedingly easy to do well, it is also exceedingly easy to do badly.

Deep fat frying, which means submerging the food in the fat, is far superior to shallow or saute frying, and can be done most economically with Crisco. Little is absorbed by the foods, and the Crisco does not take up the odor or flavor of the food which is fried in it. This characteristic makes it possible to use Crisco for frying one article of food after another.

Use *plenty* of Crisco for frying. The temperature of the hot Crisco then will be but little lowered when the food is added. There is little absorption and what is left may be used for *all* frying, merely by straining out food particles after each frying.

Sufficient Crisco should be put into the pan to fill it about two-thirds full. From two to three pounds for a pan eight inches in diameter will not be too much. Into this pan or kettle a wire "frying-basket" should fit quite loosely, the basket measuring quite an inch less across the top than the pan.

Let Crisco get hot gradually in the pan. Do not put into an already hot container. No fat should be treated in this manner.

Do Not Wait for Crisco to Smoke

Heat Crisco until a crumb of bread becomes a golden brown in

60 seconds for raw dough mixtures, as crullers, fritters, etc.

40 seconds for cooked mixtures, as croquettes, codfish balls, etc.

20 seconds for French fried potatoes.

Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough.

When prepared, the foods must be placed in the basket, not too many at a time or too close together, and then lowered

gently into the fat. They generally will sink to the bottom for a minute or two, and only float when they have begun to brown. When a bright golden brown, take up the basket and let the fried things drain in it, over the hot fat, for a few seconds. Then take them out gently one by one, and lay them on a sheet of brown or kitchen paper.

The draining over the pan is one of the principal things to attend to; if this be neglected, the fat will cling about the fried things, making them both look and taste greasy, whereas if properly drained in the basket to begin with, they will afterwards scarcely mark the paper. When, as is sometimes the case, no frying basket is used, each thing fried should be drained between a spoon and the edge of the pan.

To Clarify

It is economy to use three pounds in the kettle, clarifying the fat when it is put away. To clarify Crisco, take that which has been used for deep frying and when it has cooled, but not solidified, strain through a double thickness of cheese cloth, replace kettle on stove, drop several slices of potato into the Crisco and reheat. When the potatoes are golden brown, take out and pour the Crisco back into the tin. With this little care, fish, oysters, onions, chops, fritters, doughnuts, etc., may be fried over and over again in the same Crisco.

The dry or saute method of frying is less satisfactory, in that it is difficult even after much practice to produce a uniformly colored surface. A small quantity of fat only is needed, and where the fat, i. e., the heat, ends, a crack is formed in the outer coat, through which flavor escapes and fat enters; the appearance also is rendered unsightly. Flat fish can be fried fairly well by this method, or, indeed, almost any thin substance, as thin edges are not affected in this way. For pancakes and other articles of similar nature it is the best method. It rarely is possible to use the fat from the dry method a second time, except for dishes of the same kind, as the fat always is more or less flavored by the food cooked in it. The most digestible fat for frying and the best for results undoubtedly is Crisco.

Steaming

Steaming is a process very similar to boiling, for it is cooking in the heated vapor of water. This practice as a means of cookery is largely adopted in hotels, clubs, schools and hospitals, and other large institutions; also frequently applied in ordinary home cookery for particular articles of food requiring a very slow process of cooking. An ordinary kitchen steamer, with a close-fitting lid is generally all that is required for simple household cookery on a small scale. The articles of food which are to be steamed are prepared in exactly the same manner as for boiling. Many puddings, some meats, and some vegetables are considered better if cooked by steam, and inasmuch as the process of cooking is a very slow one, there is no fear of the food being destroyed by too fierce a heat, as the temperature in steaming never reaches beyond 212° F. Fish, meat and poultry cooked by steam are as a rule tender, full of gravy and digestible. By steaming, watery vegetables are made drier; tough meats are softened and made tender; while farinaceous mixtures and puddings develop a totally different flavor when baked or fried.

Braising

Braising is a combination of roasting and stewing small joints of meat in a shallow stewpan. It is a favorite method of cooking with the French, and is supposed to bring out an unusually fine flavor and aroma. The pan in which a braise is to be made always should be lined with slices of bacon, carrot, onions and herbs, upon which the meat is placed. It usually is moistened with stock or stock and wine. The more delicate meats, such as sweetbreads, fillets, fowls and turkeys sometimes are covered with buttered paper; this is done to prevent the heat from the top of the pan scorching or imparting too much of a roast flavor to the meats which are to be braised. Occasional basting during the process of this method of cooking is essential. When done, the meat is taken up, the fat removed from the vegetables and gravy, which latter is then reduced, strained and blended with some kind of gravy or thin sauce.

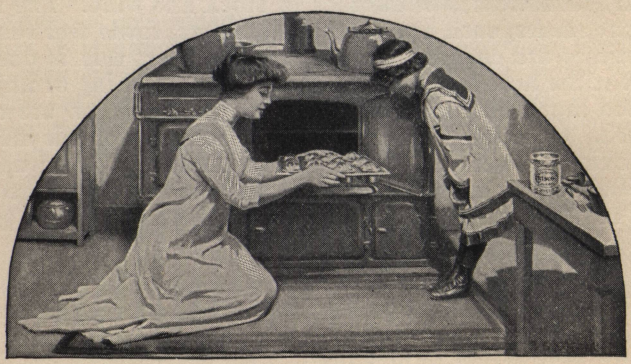
Poaching and Marinating

Poaching is the name usually given to the process of cooking an article by placing it for a few minutes in boiling water. Marinating or pickling is a process with a formidable

name with a simple meaning. To marinate simply is to soak meat in a mixture for some hours, or even days, with the idea of improving its flavor, of softening its fibres and making it tender. Vinegar, oil, pepper and salt are mixed together and the meat packed in the mixture; sometimes a sliced onion and herbs are added. The meat, of course, should be wiped first, but not washed.

Cooking in Earthenware

Stone or earthenware cooking appliances are used to very great advantage for various forms of preparing food. For the homely *pot-au-feu* the French housewife has used fireproof earthenware dishes for generations, and does so today. But besides soups, various savory dishes, and all sorts of stews are cooked in stoneware pots. Indeed, so much has this form of cookery come into fashion that many dishes are sent to table in the pots in which they are cooked. Cooking in stoneware has no equal where slow cooking is aimed at, and there are many dishes which one would do well to refrain from attempting unless cooked in this fashion. These cooking pots are inexpensive, and certain foods taste decidedly better if cooked in this way. For braising, pot roasting, or stewing fruit and other articles which need to be cooked slowly under close cover, the application of a moderate, even heat produces far better results than if quick heat is applied. For such cases the use of earthenware cooking pots is recommended.



Time Table for Cooking

Baking

Beef, loin or ribs, rare, per lb	8 to 10 minutes
Beef, loin or ribs, well done, per lb	12 to 16 minutes
Beef, ribs, rolled, rare	12 to 15 minutes
Beef, ribs, rolled, well done	15 to 18 minutes
Beef, fillet, rare	20 to 30 minutes
Beef, fillet, well done	60 minutes
Mutton, leg, rare, per lb	10 minutes
Mutton, leg, well done, per lb	14 minutes
Mutton, forequarter, stuffed, per lb	15 to 25 minutes
Lamb, well done, per lb	15 to 20 minutes
Veal, well done, per lb	18 to 22 minutes
Pork, well done, per lb	20 minutes
Venison, rare, per lb	10 minutes
Chicken, per lb	15 to 20 minutes
Turkey, nine lbs	3 hours
Goose, nine lbs	2½ hours
Duck, domestic	1 to 1¼ hours
Duck, wild	20 to 30 minutes
Grouse	25 to 30 minutes
Ham	4 to 6 hours
Fish, 3 or 4 lbs	45 to 60 minutes
Small fish and fillets	20 minutes
Beans with pork	6 to 8 hours
Bread, white loaf	45 to 60 minutes
Graham loaf	35 to 45 minutes
Baking powder biscuits	12 to 15 minutes
Gems	25 to 30 minutes
Quick doughs	8 to 15 minutes
Cookies	8 to 10 minutes
Gingerbread	20 to 30 minutes
Sponge cake	45 to 60 minutes
Cake, layer	20 to 30 minutes
Cake, loaf	40 to 60 minutes
Fruit cake	2 to 3 hours
Cake, wedding	3 to 5 hours
Cakes, small	15 to 25 minutes
Batter puddings	35 to 45 minutes
Pies	30 to 50 minutes
Tarts	15 to 20 minutes
Patties	15 to 25 minutes
Vol-au-vent	50 to 60 minutes
Muffins, yeast	30 minutes
Muffins, baking powder	20 to 25 minutes
Indian pudding	2 to 3 hours

Rice or tapioca pudding.....1 hour
Bread puddings.....45 to 60 minutes
Scallop dishes.....15 to 20 minutes
Custard.....35 to 45 minutes
Custard in cups.....20 to 25 minutes

Boiling

MEATS.....2 to 6 hours
Corned meat.....4 to 6 hours
Ox tongue.....3 to 4 hours
Ham, 12 to 14 lbs.....4 to 5 hours
Turkey, 10 lbs.....3 to 3½ hours
Fowl, 4 to 5 lbs.....2 to 3 hours
Chicken, 3 lbs.....1 to 1½ hours
Fish, 2 to 5 lbs.....30 to 45 minutes
Lobster.....25 to 30 minutes
Cod, 3 to 5 lbs.....20 to 30 minutes
Haddock, 3 to 5 lbs.....20 to 30 minutes
Halibut, thick piece, per lb.....15 minutes
Salmon, thick piece, per lb.....10 to 15 minutes
Asparagus.....20 to 30 minutes
Beans, shell or string.....1 to 3 hours
Beets, young.....50 minutes
Beets, old.....3 to 4 hours
Brussels sprouts.....15 to 20 minutes
Cabbage.....35 to 60 minutes
Carrots.....1 hour
Cauliflower.....25 to 30 minutes
Corn.....12 to 20 minutes
Macaroni.....20 to 35 minutes
Turnips.....30 to 45 minutes
Onions.....45 to 60 minutes
Parsnips.....30 to 45 minutes
Spinach.....15 to 20 minutes
Tomatoes, stewed.....15 to 20 minutes
Rice.....20 to 30 minutes

Broiling

Steak, 1 inch thick..... 4 to 10 minutes
Steak, 1½ inches thick..... 8 to 12 minutes
Lamb or mutton chops..... 6 to 10 minutes
Chicken.....20 minutes
Quails..... 8 minutes
Squabs.....10 to 12 minutes
Shad, whitefish and bluefish.....15 to 20 minutes
Fish slices.....12 to 15 minutes
Liver..... 4 to 5 minutes

Frying

Smelts and other small fish.....3 to 5 minutes
Breaded chops.....5 to 8 minutes
Potatoes, raw.....4 to 8 minutes
Fish balls and croquettes.....1 minute
Muffins, fritters, and doughnuts.....3 to 5 minutes

Weights and Measures

27⅓ grains	1 dram
16 drams	1 ounce
16 ounces	1 pound
1 teaspoonful	60 drops
3 teaspoonfuls	1 tablespoonful
4 tablespoonfuls	1 wineglass, ½ gill, or ¼ cup
16 tablespoonfuls	1 cup
2 gills	1 cup
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
2 tablespoonfuls Crisco	1 ounce
2 tablespoonfuls salt	1 ounce
2 tablespoonfuls sugar	1 ounce
4 tablespoonfuls flour	1 ounce
1 tablespoonful liquid	½ ounce
1 square chocolate	1 ounce
⅓ cupful chopped nut meats (blanched)	1 ounce
1 cupful currants	¼ pound
1 cupful crumbs	¼ pound
4⅓ cupfuls coffee	1 pound
3½ cupfuls confectioners' sugar	1 pound
4½ cupfuls graham flour	1 pound
2⅔ cupfuls oatmeal	1 pound
5 cupfuls rolled oats	1 pound
4⅓ cupfuls rye meal	1 pound
1⅞ cupfuls rice	1 pound
2⅓ cupfuls dry beans	1 pound
2 cupfuls granulated sugar	1 pound
2⅔ cupfuls brown sugar	1 pound
2⅔ cupfuls powdered sugar	1 pound
1 cupful (volume)	8 ounces
1 cupful water	8⅓ ounces
1 pint butter	1 pound
1 quart flour	1 pound
10 small or 9 medium eggs	1 pound

All materials are measured level, i. e., by filling spoon or cup more than full and leveling with a case knife.

To measure meal, flour, sugar and similar ingredients, sift lightly into the measure, then level.

Standard measuring cups made of tin, aluminum or glass holding half a pint always should be used. Coffee and teacups vary so much that correct proportions can not be obtained by using them.

To measure a spoonful of dry material, fill the spoon heaping, then level. To measure a half-spoonful, fill and level the spoon, then divide in half lengthways; for quarter-spoonfuls, divide the halves crossways.

Use level measurements in all recipes in this book.

The Art of Carving

CARVING is an art, and one which anybody, with a knowledge of a few general directions, can acquire easily.

A proper set of carving tools is almost indispensable, and should comprise: a good thin, sharp-bladed knife, a solid two or three pronged fork, and a pair of carving scissors. Anything that needs to be carved at table should be placed on a dish sufficiently large to allow the joint to be turned without moving the dish from its position. The dish should be placed close in front of the carver. Such joints as beef, veal and ham should be cut very thin; while lamb, mutton, and pork should be cut a trifle thicker.

To carve a fowl, begin by sticking the fork into the pinion and draw it towards the leg; and then, passing the knife underneath, take off the wing at the joint. Next slip the knife between leg and body, to cut through the joint; and with the fork turn leg back, and joint will give way. Then take off other wing and leg. After legs are taken off, enter knife into the top of breast, and cut under merrythought or wishbone so as to loosen it, lifting it with the fork. Afterwards cut slices from both sides of breast. Next, take off collarbones, which lie on each side of wishbone and then separate side bones from the back. The breast and wings are considered the most delicate parts; the back as the least desirable, generally is left on platter.

A turkey is carved in same manner, except that the legs and wings, being larger, are separated at lower joint. Lower part of leg (or drumstick) being hard, tough, and stringy, usually is allowed to remain on platter. First cut off wing, leg, and breast from one side; then turn turkey round and cut them off from the other.

To carve a goose, separate leg from body by putting fork into small end of leg, pressing it close to body, and then passing knife under, and turning leg back as you cut through joint. To take off wing, put fork into the small end of wing, and press it closely to body, then slip knife under and separate the joint. Next, cut under wishbone and take it off,

and cut slices from breast. Then turn and dismember the other side. Take off upper side bones next to wings, then two lower side bones. The breast and legs of a goose are considered the most choice. If a goose is old, there is no fowl so tough.

Quails merely are split down the back, as also are pigeons, giving a half to each person.

To carve loin of mutton, a portion is cut through, beginning at the best end. If kidney be in it, a slice should be served as far as it will go to each portion. Care must be taken that the bone is well jointed. The butcher chops the loin between each vertebra. When big mutton is carved it gives a large chop, oftentimes more than the amount desired, but a chop cannot be divided without waste, or one portion being all the inferior end. It is therefore a good plan to joint a loin of mutton with a small meat saw, cutting any thickness desired. In this case the actual bone will often have to be sawn through. The result will be more economical, and the servings more agreeable. The loin also can be boned entirely, stuffed or not, as preferred, the flap end folded and fastened over the fillet portion. Then the meat can be carved across any thickness.

To carve leg of mutton, stand joint the inner part of the leg uppermost and cut across center to bone, towards carver, then cut rather thick slices on either side. To serve the meat equally, unless any special part is desired, a portion of the knuckle is served with a slice of the thick end. The prime fat is the kernel of fat at the thick end.

To carve forequarter of mutton or lamb. The forequarter of mutton usually is not served whole unless the mutton be very small. The forequarter of lamb frequently is served whole. Before cooking it must be jointed through the chine of bone at the back, to enable this portion being served in chops, twice across the breastbones the entire length, and at short intervals at the edge of the breast. Before serving it is usual to separate the shoulder by pressing the fork in by the knuckle, then passing knife round shoulder, crossing about center of joint, raising shoulder without cutting too much meat off breast. Leave shoulder in position on joint; a second dish is sent to table on which to lay it while the other part is being carved.

To carve rabbit or hare. In either case first separate legs and shoulders; then cut the back part across, into two parts.

This is accomplished best by inserting the knife into joint, and raising up the back by means of the fork. The back or fillet part is considered the best portion of a hare or rabbit.

To carve sirloin of beef, a sirloin should be cut into thin slices with a sharp, firm cut from end to end of the joint. At the upper portion the cut should be clean and even; then use point of knife to loosen slices from bones. In carving undercut, remove superfluous fat, and cut slices from end to end in same manner as upper portion. Be careful always to cut down straight to the bone of a sirloin or rib of beef; by so doing you will not spoil appearance of joint, and what remains will look tidy.

To carve ham. Ham should be cut through to the bone first from center or near thin end. Slices must be cut thin. Always commence cutting from upper side. The fairest way by far, so as to serve fat and lean evenly, is to begin cutting from center of thickest part, and to cut thin circular slices; by this means the flavor of the ham is far better, and it will prove to be the more economical way of serving.

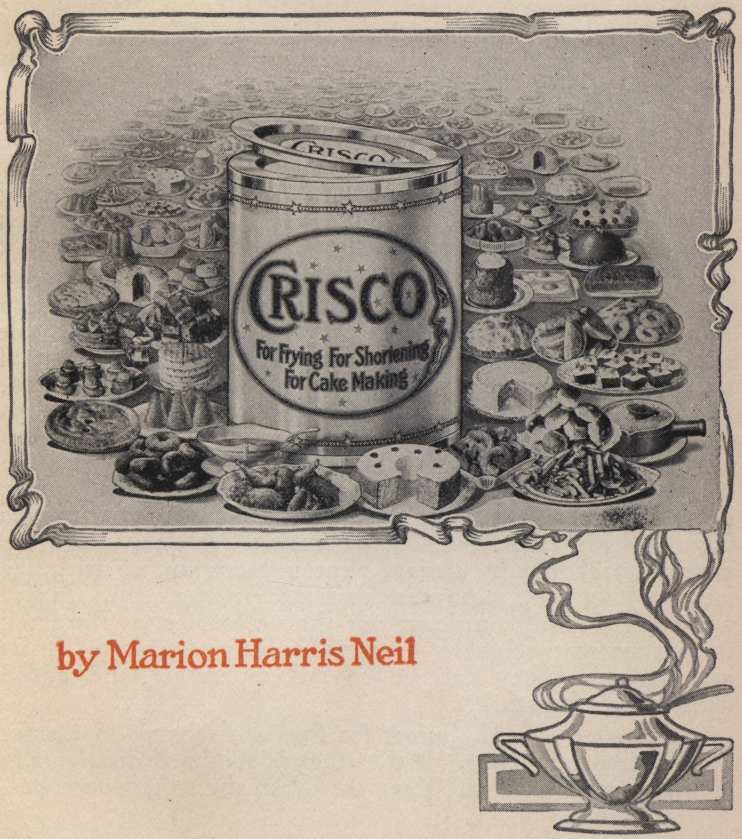
To carve ox-tongue. Commence cutting from middle of tongue; cut slices not too thin and take them from each side being careful not to cut slices through to bottom part of tongue. Extreme end of the tip and the lower part of tongue generally are used up for chopping in salpicons, etc. A little of the fat should be put on each plate. When rolled tongue is served it must be cut horizontally into rather thin slices.

To carve fish. A silver slicer or trowel should be used for this purpose; a steel knife applied to fish often spoils the delicacy of its flavor. Great care must be taken to prevent breaking the flakes, which ought to be kept as entire as possible. Short-grained fish, such as salmon, etc., should be cut lengthwise, not crosswise.

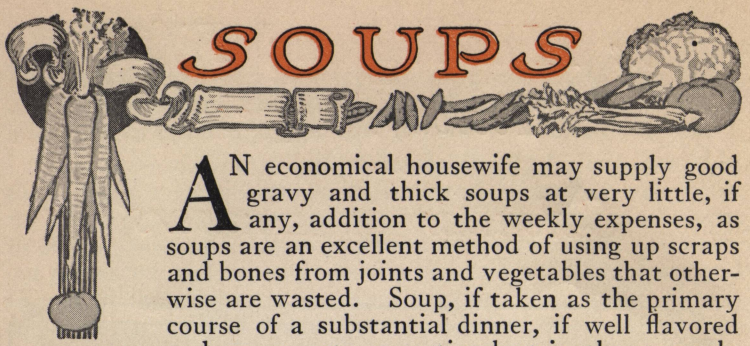
Six Hundred and Fifteen Tested Recipes

AND A

"Calendar of Dinners"



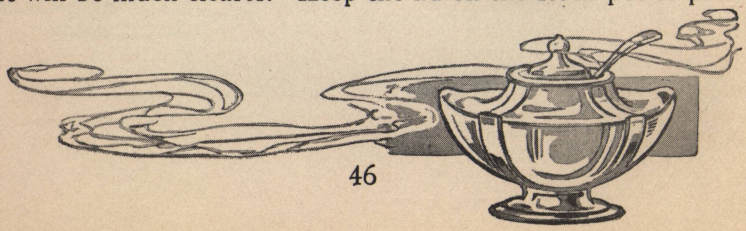
by Marion Harris Neil



AN economical housewife may supply good gravy and thick soups at very little, if any, addition to the weekly expenses, as soups are an excellent method of using up scraps and bones from joints and vegetables that otherwise are wasted. Soup, if taken as the primary course of a substantial dinner, if well flavored and warm, acts as a stimulant in the stomach, exciting the gastric glands, and generally enabling that organ to perform its functions more easily. For this object the soup should be thin and not too much of it partaken, otherwise it dilutes the digestive juices too much. If it is to form the chief part of the meal, the soup will be more nutritious if thickened, especially so, if pulse — i. e., peas, beans, and lentils — is used as the thickening medium.

Stock is the liquid in which meat, bones, or vegetables have been cooked, and which contains an extract from these substances. It is used for soups, sauces, and gravies. Fresh or cooked bones or meat may be used. A stock pot may be kept on the stove, into which are put any scraps of meat, bones, gristle, or vegetable; at the end of the day it is strained, and all fat taken off. Bones and meat for stock must be broken into small pieces. Cold water should be used, and a little salt to extract the nutriment. The whole must be brought slowly to the boiling point; then, the temperature lowered, the fat and scum taken off. When wanted for clear soups the vegetables should be cleaned, but not cut up, or with the long cooking they may mash and thicken the soup. In hot weather it is better to leave out the vegetables, as the stock turns sour more quickly if vegetables have been used in its preparation. They can be cooked separately and added when using the stock.

The soup should simmer for five or six hours to extract the gelatinous matters. If the stock is skimmed occasionally it will be much clearer. Keep the lid on the stock pot to pre-



vent loss by evaporation. The bones can be cooked again next day for a second stock, but the vegetables must be taken out. Care must be taken that nothing doubtful in freshness be put into the stock pot. Meat and bones should be well wiped with a damp cloth before using them. If onions be put in the soup unpeeled, simply washed and the root end cut off, they will help to color the soup. When using eggs for other dishes, if the shells be washed before breaking them and added to the stock pot they will help to clear the soup. For clear soups care must be taken that nothing of a floury nature be added to the stock pot. Stock always should be strained before cooling. Never allow it to stand in stock pot all night. Clear gravy soup consists of the extractives, flavoring matters, and gelatine of meat and bones.

Consommé is a good stock made from beef, veal, and often fowl, and flavored with vegetables, cooled, freed from fat. It is clarified with whites and shells of eggs, and chopped raw lean beef, and strained through a cloth. It should be brilliantly clear and of a pale brown color. Any fat floating on the stock may be removed by passing a piece of kitchen or blotting paper over the surface. Soup left from a meal will keep better if strained from the vegetables that have been served in it. In hot weather, stock left over must be boiled each day, and poured into a clean basin to prevent its turning sour. In warm weather, soups with milk in their composition should have a pinch of baking soda added.

Thickenings for soup consist usually of yolks of eggs and cream beaten together in a basin, the boiling soup poured on slowly, stirring well at the same time. Soups thus thickened should not be allowed to boil again, otherwise they will curdle. Instead of eggs and cream, cornstarch and milk may be used to thicken the soup.

Asparagus Soup

40 heads asparagus
3 tablespoonfuls flour
3 tablespoonfuls Crisco
½ cupful cream
1 quart white stock
1 bunch herbs
1 bay leaf
4 sprigs parsley
2 egg yolks
1 blade mace
Salt and white pepper to taste
1 onion

Take heads off asparagus, and put aside. Cut up stalks in slices, also onion, put these into saucepan with Crisco, herbs, parsley, bay leaf, and mace, and fry gently for fifteen minutes, add flour, then stock, and simmer slowly for 1½ hours. Rub through sieve, add cream, yolks of eggs, and seasonings, reheat, but take care not to boil soup. Just before serving throw in asparagus tops, which should be first cooked in a little boiling stock.

Cheese Soup

4 tablespoonfuls grated cheese
3 quarts clear soup stock
1½ cupfuls flour
4 tablespoonfuls Crisco
2 cupfuls cream
2 eggs
Salt, pepper, and paprika to taste
Finely grated cheese

Put flour into double boiler, add gradually cream, Crisco, 4 tablespoonfuls of grated cheese and paprika to taste, stir over fire till a smooth paste. Break in eggs, mix well, cook two minutes longer and allow to cool. Roll into balls, when they are all formed, drop into boiling water and cook gently five minutes. Drain and put into soup tureen. Pour over boiling stock and serve with dish of finely grated cheese.

Cream of Tomato Soup

2 tablespoonfuls flour
1½ tablespoonfuls Crisco
1 cupful milk
2½ cupfuls strained tomato juice
1 teaspoonful celery salt
Salt, pepper, and paprika to taste
Pinch baking soda
1 tablespoonful tomato catsup

Blend Crisco and flour together in saucepan over fire, add milk and bring to boiling point. Heat tomato juice, tomato catsup and add soda and seasonings. Just before serving add Crisco mixture to tomato juice and stir till boiling. Serve hot. Another method, is to cook 1 quart can of tomatoes with 1 quart of water twenty minutes, then rub through sieve. Blend 2 tablespoonfuls Crisco with 2 tablespoonfuls flour, add 1 tablespoonful sugar, salt, pepper, and red pepper to taste, and 1 tablespoonful tomato catsup. Add pinch of baking soda to tomatoes, then add gradually to Crisco mixture. Just bring to boiling point and serve with tablespoonful whipped cream on top of each plate.

Fish Soup

1 lb. cod, or other white fish
2 tablespoonfuls Crisco
1 quart white stock, or half milk and half water
1 small carrot
1 small onion
1 stalk celery
3 parsley sprigs
1 blade mace
2 egg yolks
½ cupful cream
1 lemon
2 tablespoonfuls flour
1 teaspoonful chopped parsley
Dry toast

Wash and dry fish and cut into small pieces. Put into saucepan with stock, vegetables cut in small pieces, parsley and mace. Let these simmer for half hour, then strain off liquid. Melt Crisco in pan, stir in flour, then add fish liquor and stir till it boils. Draw it to the side of fire and let cool slightly. Beat yolks of eggs with cream, and, when soup has cooled, strain them in. Reheat soup without boiling it, to cook eggs. Season, and add few drops lemon juice and chopped parsley. Serve with small pieces of dry toast.

Lentil Soup

1 cupful lentils
2 cupfuls milk
3 tablespoonfuls Crisco
3 pints stock or water
1 onion
1 carrot
2 stalks celery
1 tablespoonful flour
1 bay leaf
Salt and pepper to taste
¼ cupful cream
Croutons

Wash lentils; soak twenty-four hours; drain well. Cut onion, carrot and celery into small pieces, then put them into a saucepan with Crisco, cover, and cook gently for fifteen minutes. Add stock and simmer 2 hours, then rub through sieve. Return to pan, add milk, seasonings, and bring to boil. Moisten flour with ½ cupful milk or stock, add it to soup and simmer five minutes. Season to taste and add cream. Serve with croutons of fried or toasted bread.

Lentils are a small leguminous seed, not so generally known as beans, but an excellent nitrogenous food, containing about 25 per cent. protein, more than 50 per cent. starch, with over 2 per cent. fat. They are not used as much as they ought to be.

Croutons are made by cutting bread into tiny cubes and browning through and through in hot oven or putting into a frying pan with 2 tablespoonfuls Crisco and browning well. If latter is used great care must be used as the croutons will brown easily.

Lobster Bisque

1 can lobster
1 cupful breadcrumbs
1 quart milk
1 quart water
1 tablespoonful flour
¼ cupful Crisco
Salt, pepper, red pepper, and grated nutmeg to taste
Squares fried bread
Thin lemon slices

Open a can of lobster of good quality, take out best pieces and cut into small squares without tearing; put them aside. Place remains of lobster in mortar or basin, and pound quite smooth with Crisco. Soak bread in water, adding flour, and seasonings, and put all on fire in soup pot with pounded lobster and Crisco; stir till it boils, and boil for fifteen minutes; then pass it through sieve, add milk and pieces of lobster, and return to the pot till it boils up. Serve with small squares of fried bread, and send thin slices of lemon to table with it. This is an excellent soup, and can of course be made with fresh lobster.

Norfolk Puree

½ cupful barley, pearl
1 quart water
3 pints white stock
½ cupful cream
1 yolk of egg
2 tablespoonfuls Crisco
4 tablespoonfuls cooked carrot balls
4 tablespoonfuls cooked peas
Salt, pepper, and paprika to taste
Diced toast or fried bread

Put barley into saucepan of cold water, bring to boil, let boil five minutes, then drain off water; this removes the slightly bitter taste. Now put barley into saucepan with Crisco and water, let these boil gently until

barley is tender, drain, and rub through sieve. Add stock to this puree and let simmer ten minutes. Beat yolk of egg with cream and when soup has cooled slightly, strain them in. Stir soup over fire a few minutes to reheat; but be careful that it does not boil, or it will curdle. Season carefully, add carrot balls and peas, which should first be heated in a little stock or water. Serve with dice of toast or fried bread. If you do not possess a round vegetable cutter, cut the carrot into small dice. This is a particularly nourishing soup. If you prefer a slightly cheaper variety, use milk instead of cream, and if you have no white stock use milk and water in equal proportions instead, and cook a carrot, turnip and onion in milk and water for twenty or thirty minutes.

Soup Verte

4 tablespoonfuls flour
3 tablespoonfuls Crisco
2 quarts stock
1 lb. spinach
1 bunch parsley
1 teaspoonful sugar
2 egg yolks
1 lemon
Salt and pepper to taste

Put stock into saucepan; add spinach and parsley, picked and thoroughly washed; let all boil twenty minutes; strain, rubbing puree through sieve. Return it all to saucepan, add Crisco and flour mixed together with cupful of water, sugar and strained juice of a quarter of lemon. Let boil five minutes. Beat yolks of eggs with ¼ cupful water, add them gradually to soup off fire, and stir near fire until cooked. Soup must not boil after yolks are added. Season with salt and pepper and serve.

Thick Rice Soup

2 pints water or stock
Salt and pepper to taste
2 small onions
2 tablespoonfuls Crisco
1 cupful rice
1 cupful canned tomatoes, or 4 fresh ones

Wash and drain rice. Heat Crisco in saucepan, add rice and stir constantly until a golden brown. Now add water or stock, onions and tomatoes cut in small pieces, and seasonings. Cook slowly for one hour.

FISH

FISH, though not quite so nutritious or so stimulating as butcher's meat, is an excellent article of diet, as it is light and easy of digestion and well suited to delicate persons and those following sedentary occupations, who generally do not take exercise in the fresh air. Fish contains a fair proportion of flesh forming and mineral matter, and the white kinds very little fat, hence their value in a sick diet. A few fishes are rich in fat, as salmon, mackerel, eels, and herrings; they are more satisfying as a meal, but usually more difficult to digest, except the latter, which is fairly easy to digest, and, being inexpensive, forms an economical food.

The digestibility will vary also with the quality of the fish and the methods of cooking. White fish when boiled is improved by being rubbed over with a cut lemon, or by adding a little vinegar to the water in which it is cooked to keep it white and firm. The fish should be put into hot, not boiling water, otherwise the higher temperature contracts the skin too quickly, and it breaks and looks unsightly. Salt fish may be placed in cold water, then boiled to extract some of the salt; if the fish has been salted and dried, it is better to soak it in cold water for about twelve hours before cooking.

Fish to be fried should be cooked in sufficient hot Crisco to well cover it, after having been dried and covered with batter, or with beaten egg and breadcrumbs. To egg and breadcrumb fish put a slice into seasoned flour, turning it so that both sides may be covered. Shake off all loose flour. Brush fish over with beaten egg. Raise fish out of egg with the brush and a knife, drain off egg for a second, and lay fish in crumbs. Toss these all over it, lift out fish, shake off all loose crumbs, lay the slice on a board, and press crumbs down, so that surface is flat. The thicker the fish the more slowly it must be fried after the first two minutes, or it will be raw inside when the outside is done.

To bone fish. The process of boning is known as filleting and is generally done by the fish dealer, but when this is not the case the single rule for boning must be strictly adhered to in order to keep the knife on the bone—lifting the flesh with the left hand while the knife slips in between the bone and the flesh. Flat fish are divided down the middle of each side well into the bone, and the boning is begun at either side of the incision. Round fish are cut down the back, the flesh is laid open from one side and the bone is removed from the other. Occasionally round fish are boned readily, the whole fish minus the bones being returned to its proper shape, as in anchovies, sardines, herrings, haddocks, etc., in this case the fish would be split down the front, not the back, and stitched together after boning.

Fish stock is made from the bones, skin and trimmings of white fish. These are broken small and generally flavored with onion, parsley, herbs, and seasonings. The proportion of water used is rather larger, as the flavor is much stronger and also more easily extracted than from meat.

Baked Halibut

2 lbs. halibut
1 cupful tomatoes
2 tablespoonfuls flour
2 tablespoonfuls Crisco
¾ teaspoonful salt
⅛ teaspoonful pepper

Clean fish, season with salt and pepper, dredge with flour, place in Criscoed baking pan, pour over tomatoes, and dot with Crisco. Bake in a moderate oven, basting often.

Baked Salmon with Colbert Sauce

1 slice salmon, 1½ lbs. in weight
4 tablespoonfuls melted Crisco
1 tablespoonful chopped parsley
1 tablespoonful tarragon vinegar
1 chopped shallot, gherkin and anchovy
Salt, pepper, and red pepper to taste

For Sauce

4 tablespoonfuls Crisco
2 tablespoonfuls flour
1 teaspoonful lemon juice
3 anchovies
1 tablespoonful chopped parsley
Pepper to taste
2 cupfuls fish stock, or milk and water

For fish. Mix Crisco with shallot, gherkin, anchovy, and seasonings, lay salmon in this mixture and let it "marinade," as it is called, for one hour. At the end of that time lift it out; do not shake off any ingredients that are sticking to it. Now lay it in a well Criscoed fireproof dish, cover it with a greased paper, and bake in moderate oven for thirty minutes.

For sauce. Melt Crisco in small saucepan, stir in flour, add fish stock and stir until it boils and thickens. Rub anchovies through fine sieve, and add with seasonings. Serve in hot tureen with fish.

Baked Shad

1 shad weighing 4 lbs.
¼ lb. mushrooms
½ cupful Crisco
2 tablespoonfuls chopped parsley
2 tablespoonfuls chopped chives
1 cupful breadcrumbs
1 egg
Salt and white pepper
Salt pork
1 cupful cream
1 teaspoonful cornstarch

Clean, wipe and dry the shad. Melt Crisco, add breadcrumbs, chopped mushrooms, parsley, chives, egg well beaten, salt and pepper. Stuff fish with this forcemeat, then lay it in a greased pan, put thin strips of salt pork over it and bake in hot oven for forty minutes. Lay the fish on a hot platter. Pour cream into baking pan, add cornstarch and stir till boiling. Serve with the fish.

Cassolettes of Fish

½ lb. cold cooked fish or shrimps
½ cupful milk
4 tablespoonfuls Crisco
½ cupful water
2 tablespoonfuls cream
4 tablespoonfuls flour
Salt, pepper, and red pepper to taste
1 teaspoonful lemon juice
2 lbs. cooked potatoes
2 eggs

Rub potatoes through a sieve, add little salt and pepper, 1 egg well beaten, and 2 tablespoonfuls melted Crisco and mix well. Roll out on floured baking board to 1¼ inches in thickness. Cut into small rounds, brush over with remaining egg well beaten, toss in fine breadcrumbs, mark the center slightly with a smaller round cutter. Fry to golden color in hot Crisco. Remove lids, carefully remove bulk of potatoes from inside, fill with mixture, replace lids, and serve hot. For mixture, blend 2 tablespoonfuls of the Crisco with flour in a saucepan over the fire, add milk, water and seasonings and cook for a few minutes. Put in flaked fish and make hot. Add cream last. ½ teaspoonful of anchovy extract may be added if liked.

Sufficient for ten cassolettes.

Dressed Crab

1 good sized heavy crab
6 tablespoonfuls Crisco
2 tablespoonfuls breadcrumbs
3 tablespoonfuls olive oil
2 tablespoonfuls vinegar
1 tablespoonful chopped parsley
Crisp lettuce leaves
Salt and pepper to taste

If possible choose a crab with large claws. Boil crab in boiling salted water for thirty minutes, take up and break off large and small claws. Lay crab on its back, pull back the flap under its body, pull it right out and commence to remove flesh from shell. Take care that the little bag near head, usually full of sand, is taken out. Throw away all bone and finny pieces. The flesh is of two kinds, some firm and white, rest soft and dark. Separate former into little shreds with a fork, also the white meat from claws, which must be cracked in order to obtain it. Mix dark soft substance with crumbs, add oil, vinegar, and seasonings to taste. Toss

shredded white meat also in a little seasoning, but keep the two kinds separate. When shell is empty wash and dry well. Fill shell with the two mixtures, arranging them alternately, so that they appear in dark and white stripes. Have it heaped a little higher in center. Decorate meat with lines of finely chopped parsley, and force the Crisco round edge with a forcing bag and tube. Place crab on some crisp lettuce leaves. Arrange some of the small claws in a circle round shell.

Curried Cod

2 lbs. cod
¼ cupful Crisco
2 cupfuls white stock
1 tablespoonful flour
2 teaspoonfuls curry powder
1 medium-sized onion
1 tablespoonful lemon juice
Salt, pepper, and red pepper to taste
2 cupfuls plain boiled rice
2 tablespoonfuls chopped cocoanut

Wash and dry the cod, and cut into pieces two inches square. Melt Crisco in a saucepan, fry cod lightly in it, then take out and set aside. Add sliced onion, flour, and curry powder to the Crisco in saucepan and fry ten minutes, stirring continuously to prevent onion becoming too brown, then stir in the stock and cocoanut, stir until it boils, and afterwards simmer for twenty minutes. Strain and return to saucepan, add lemon juice and seasonings to taste, bring nearly to boil, then put in fish, cover closely, and cook slowly for half hour. An occasional stir must be given to prevent the fish sticking to the bottom of the saucepan. Turn out on hot platter and serve with rice. The remains of cold fish may be used, in which case the preliminary frying may be omitted.

Flounder a la Crême

1 flounder about 2 lbs.
2 cupfuls milk
1 tablespoonful cream
3 tablespoonfuls Crisco
1 blade mace
6 whole white peppers
4 tablespoonfuls flour
Lemon juice
Salt and pepper to taste

Skin flounder, and take fillets off neatly by sharply cutting down the middle of back, and pressing the knife close to the bones. This will produce 4 long fillets. Cut each of them in half lengthways, and tie up in pretty knot; sprinkle a little salt over and put them aside. Wash skin, bones of fish, put them into a small saucepan with milk, mace, and whole peppers and simmer for half hour; strain milk into clean saucepan; add fillets, and allow to simmer for ten minutes. Lift them out, and add to milk the Crisco and flour beaten together; stir till it becomes quite smooth; add salt, pepper and lemon juice to taste, and cream; put in fillets gently to warm through; dish neatly and pour the sauce over them. Serve very hot.

Flounder a la Turque

For Fish	For Sauce
1 large flounder	½ lemon
1 teaspoonful chopped parsley	1 egg
3 tablespoonfuls breadcrumbs	½ cupful melted Crisco
2 tablespoonfuls Crisco	1 yolk of egg
½ teaspoonful powdered herbs	½ teaspoonful mustard
1 pinch powdered mace	½ teaspoonful salt
Salt, pepper, and red pepper to taste	1 pinch red pepper
	1 tablespoonful vinegar
½ cupful picked shrimps	2 chopped gherkins
	1 teaspoonful chopped parsley

For fish. Wash dry and trim flounder. On one side make cut down center from near head to near tail and raise flesh from the bones. Make a stuffing with Crisco, parsley, breadcrumbs, herbs, shrimps, lemon juice, seasonings, and nearly all the egg, and insert under the fillets of the flounder, leaving the center open. Dot with Crisco. Brush fish over with remaining egg, sprinkle with browned breadcrumbs, put on Criscoed baking tin, and bake thirty minutes. Serve with sauce.

For sauce. Put egg yolk into a bowl, and, with a wooden spoon stir a little; then add by degrees melted Crisco, stirring constantly; then add seasonings, vinegar, gherkins and parsley.

Fish Pudding

(*Kate B. Vaughn*)

For Pudding	For Sauce
2 lbs. cooked fish	3 tablespoonfuls flour
1 cupful milk	3 tablespoonfuls Crisco
1 tablespoonful flour	1 slice carrot
1 tablespoonful Crisco	1 slice onion
2 eggs	1 slice celery
Salt and pepper to taste	1 blade of mace
¼ teaspoonful onion juice	1 bay leaf
1 tablespoonful Worcestershire sauce	6 whole peppers
	1 sprig of parsley
Cream sauce	¼ teaspoonful salt
	1 cupful thick cream

For pudding. Boil fish in boiling salted water till done. Shred or break in small pieces, and free from skin and bone. Blend Crisco and flour in a saucepan over fire, add milk and stir till boiling, remove from fire, add eggs well beaten, seasonings, and mix well. Turn into Criscoed fireproof dish, cover with greased paper, set in warm water, and bake in moderate oven for thirty minutes. Serve with the sauce, potato balls, and chopped parsley.

For sauce. Blend Crisco and flour in a pan over fire, add vegetables, mace, bay leaf, peppers, parsley, milk, and simmer for thirty minutes. Strain, return to pan, add salt, allow to heat, then add cream and it is ready to serve.

Fried Fish

Fish
Crisco
1 egg
Salt and pepper to taste
Crumbs
Sauce

Clean fish, season with salt and pepper. Dip in crumbs, brush over with beaten egg, and crumb again. Fry in deep Crisco and drain on brown paper.

Sauce. Blend 1½ tablespoonfuls Crisco with 1 tablespoonful flour in saucepan over fire, add 1 cupful of milk or cream and bring to boil, cook for a few minutes over hot water. Cool and add 2 chopped green bell peppers and 6 medium-sized chopped sour pickles.

Fried Lobster with Horseradish Sauce

1 boiled lobster
Crisco for frying
1 egg
Breadcrumbs
1 cupful thick cream
Salt and paprika to taste
2 tablespoonfuls grated horseradish

Cut lobster meat into neat pieces, dip in beaten egg, toss in breadcrumbs and fry in hot Crisco to brown well. Whip up cream, season it well with salt and paprika and stir in horseradish; heap this sauce in the center of the serving dish and arrange the pieces of fried lobster round it. Serve hot.

Gateau of Fish

For Fish

1½ lbs. cooked white fish
3 tablespoonfuls Crisco
½ cupful breadcrumbs
½ cupful milk
2 eggs
1 teaspoonful chopped parsley
1 teaspoonful anchovy paste or extract
Salt and pepper to taste
Lemon slices

Dutch or oyster sauce

For Sauce

2 tablespoonfuls flour
2 tablespoonfuls Crisco
1 cupful milk
½ cupful oyster liquor
1 teaspoonful lemon juice
Salt, pepper, and red pepper to taste
2 hard-cooked eggs

1 dozen small oysters

For fish. Cook fish; remove skin and bone, chop it, then put it in a basin, add breadcrumbs, parsley, seasonings, milk, eggs well beaten, and melted Crisco. Mix well, turn into a Criscoed mold, cover with greased paper and steam one hour. Serve with sauce poured over, and dish garnished with lemon slices.

For sauce. Blend Crisco and flour in pan over fire, stir in milk, oyster liquor, stir till it boils for eight minutes, then add seasonings. Boil one minute, add eggs chopped, and oysters. Mix and serve.

Oyster Shortcake

2 cupfuls flour
2 teaspoonfuls baking powder
½ teaspoonful salt
¾ cupful milk
1 quart oysters
½ cupful Crisco
2 tablespoonfuls cornstarch
¼ cupful cream
Salt and pepper to taste

Mix flour, baking powder and ½ teaspoonful salt, then sift twice, work in Crisco with tips of fingers, add milk gradually. The dough should be just soft enough to handle. Toss on floured baking board, divide into two parts, pat lightly and roll out. Place in two shallow Criscoed cake tins and bake in quick oven fifteen minutes. Spread them with butter. Moisten cornstarch with cream, put into pan with oysters and seasonings and make very hot. Allow to cook a few minutes then pour half over one crust, place other crust on top and pour over rest of oysters. Serve at once.

Sufficient for one large shortcake.

Salmon Mold

1 can salmon
2 tablespoonfuls Crisco
½ cupful rolled crackers
3 eggs
1 tablespoonful Worcestershire sauce
Salt and pepper to taste

Sauce

1 tablespoonful Crisco
1 tablespoonful flour
1 egg
1 cupful milk
Salt and pepper to taste
Parsley

For the mold. Remove oil, skin and bone from the salmon. Rub salmon smooth, add eggs well beaten, crackers, and seasonings. Turn into a Criscoed mold, and steam for one hour. Turn out and serve with sauce.

For sauce. Blend Crisco and flour in a saucepan over fire, add milk, and stir and boil for five minutes. Add egg well beaten, and seasonings, pour at once over salmon. Garnish with parsley.

Sufficient for one small loaf.

MEATS

COOKERY is a branch of applied chemistry. To cook anything, in the narrower sense of the term, means to bring about changes in it by submitting it to the action of heat, and usually of moisture also, which will make it more fitted for food; and it is on the nature of this action on different materials that the *rationale* of the cook's art chiefly depends. Good cooking can make any meat tender, and bad cooking can make any meat tough.

The substance in meat called albumen becomes tougher and more indigestible, the higher the temperature to which it is subjected reaches beyond a certain point. It is this effect of heat on albumen, therefore, which has to be considered whenever the cooking of meat is in question, and which mainly determines the right and the wrong, whether in the making of a soup or a custard, the roasting or boiling of a chicken or a joint, or the frying of a cutlet or an omelet.

We now will see to begin with, what are the special ways in which it bears on meat cookery. Take a little bit of raw meat and put it in cold water. The juice gradually soaks out of it, coloring the water pink and leaving the meat nearly white. Now take another bit, and pour boiling water upon it; and though no juice can be seen escaping, the whole surface of the meat turns a whitish color directly.

Lean meat is made up of bundles of hollow fibres within which the albuminous juices are stored. Wherever these fibres are cut through, the juice oozes out and spreads itself over the surface of the meat. If, as in our first little experiment, the meat is put in cold water, or even in warm water, or exposed to a heat insufficient to set the albumen, either in an oven or before the fire, the albuminous juices are in the first case drawn out and dissolved, and in the second evaporated. In either case the meat is deprived of them. But if the

meat is put into boiling water or into a quick oven or before a hot fire, the surface albumen is quickly set, forms a tough white coating which effectually plugs the ends of the cut fibres, and prevents any further escape of their contents.

Here, then, we have the first principles on which meat cookery must be conducted; viz: that if we wish to get the juices out of the meat, as for soups and stews, the liquid in which we put it must be cold to begin with; while if we wish, as for boiled or roast meat, to keep them in, the meat must be subjected first of all to the action of boiling water, a hot fire or a quick oven. The meats of soups and stews must not be raw, and that of joints must not be tough; and the cooking of both one and the other, however it is begun, should be completed at just such a moderate temperature as will set, but not harden, the albumen. That is to say, the soup or stew must be raised to this temperature, after the meat juices have been drawn out by a lower one, while a joint or fowl must be lowered to it after the surface albumen has been hardened by a higher one.

All poultry or game for roasting should be dredged with flour before and after trussing, to dry it perfectly, as otherwise it does not crisp and brown so well. Unless poultry is to be boiled or stewed it never should be washed or wet in any way as this renders the flesh sodden and the skin soft. Good wiping with clean cloths should be quite sufficient. With the exception of ducks and geese, all poultry and game require rather a large addition of fat during roasting, as the flesh is dry. Chickens will cook in from twenty to thirty minutes; fowls take from thirty to sixty minutes when young and tender, the only condition in which they are fit to roast; turkeys take from one to two hours and even more if exceptionally large. Game takes longer in proportion to its size than poultry, and all birds require better and more cooking than beef or mutton.

Beef Collops

1 lb. hamburg steak
1 chopped onion
2 tablespoonfuls Crisco
1 cupful water or stock
1 tablespoonful flour
Salt and pepper to taste
1 teaspoonful mushroom catsup or Worcestershire sauce
Sippets of toast or croutons
Mashed potatoes or plain boiled rice

Melt Crisco in saucepan, put in beef and onion and fry light brown, then sprinkle in flour, add water or stock, catsup or sauce, and seasonings.

Cover pan and let contents simmer very gently forty-five minutes. Arrange collops on hot platter with border of sippets of toast or croutons, or border of hot mashed potatoes, or plain boiled rice.

Braised Loin of Mutton

3 lbs. loin mutton
3 tablespoonfuls Crisco
1 celery stalk
½ teaspoonful whole white peppers
1 bunch sweet herbs
Salt, pepper, and red pepper to taste
1 turnip
1 carrot
3 cloves
2 sprigs parsley
4 tablespoonfuls flour
12 button mushrooms
1 onion

Remove bone from mutton, rub with a little salt, pepper and red pepper mixed together; roll up and tie in neat roll with tape; cut up celery, onion, carrot and turnip, and lay them at bottom of saucepan with herbs and parsley; lay mutton on top of these, and pour enough boiling water to three parts cover it, and simmer slowly two hours; lift mutton into roasting tin with a few tablespoonfuls of the gravy; set in hot oven until brown; strain gravy and skim off fat, melt Crisco in saucepan, add flour, then add gravy gradually, seasoning of salt and pepper, mushrooms, and boil eight minutes. Set mutton on hot platter with mushrooms round, and gravy strained over.

Chicken a la Tartare

1 young chicken
1 egg
¾ cupful Crisco
Breadcrumbs
Salt and pepper to taste
Mixed pickles
Tartare sauce

Singe, empty, and split chicken in half; take breastbone out and sprinkle salt and pepper over. Melt ½ cupful Crisco in frying pan and fry chicken half hour, turning it now and then. Remove from pan and place between two dishes with heavy weight on top, till it is nearly cold. Then dip in egg beaten up, and roll in breadcrumbs. Melt remaining Crisco, then sprinkle it all over chicken; roll in breadcrumbs once more. Fry in hot Crisco to golden color. Serve at once with a garnish of chopped pickles, and tartare sauce.

Chicken en Casserole

1 tender chicken for roasting
½ cupful Crisco
Salt and pepper
1 pint hot water
1 cupful hot sweet cream
2 cupfuls chopped mushrooms
1 tablespoonful chopped parsley

Clean chicken, split down back, and lay breast upward, in casserole. Spread Crisco over breast, dust with salt and pepper, add hot water, cover closely and cook in hot oven one hour. When nearly tender, put in the cream, mushrooms, and parsley; cover again and cook twenty minutes

longer. Serve hot in the casserole. Oysters are sometimes substituted for mushrooms, and will be found to impart a pleasing flavor.

Curried Ox-Tongue

6 slices cooked ox-tongue
3 tablespoonfuls Crisco
2 teaspoonfuls curry powder
6 chopped mushrooms
1 cupful brown sauce
1 dinner roll
1 egg
1 cupful boiled rice

For tongue. Cut slices of tongue, fry in Crisco, season with ¼ teaspoonful salt and curry powder, then add mushrooms, and brown sauce, simmer ten minutes. Cut large dinner roll into slices, and toast them lightly on both sides; dip them in egg well beaten, then fry in hot Crisco and drain. Dish up slices of tongue alternately with fried slices of roll, pour sauce round base, and serve with boiled rice.

For brown sauce. Melt 3 tablespoonfuls Crisco, add 1 chopped onion, piece of carrot, 2 mushrooms, and fry a good brown color; stir in 2 tablespoonfuls flour and fry it also; then add 1 cupful stock or water and few drops of kitchen bouquet. Let all cook ten minutes, stirring constantly add seasoning of salt and pepper, and strain for use.

Sufficient for 6 slices.

Fried Chicken

Chicken Crisco

Select young tender chickens and disjoint. Wash carefully and let stand over night in refrigerator.

A

(*Kate B. Vaughn*)

Drain chicken but do not wipe dry. Season with salt and white pepper and dredge well with flour. Fry in deep Crisco hot enough to brown a crumb of bread in sixty seconds. It requires from ten to twelve minutes to fry chicken. Drain and place on a hot platter garnished with parsley and rice croquettes.

B

(*Kate B. Vaughn*)

Make batter of 1 cupful flour, 1 teaspoonful salt, 2 grains white pepper, ½ cupful water, 2 well beaten eggs, and 1 tablespoonful melted Crisco. Have kettle of Crisco hot enough to turn crumb of bread a golden brown in sixty seconds. Drain chicken but do not dry. Dip each joint separately in batter and fry in the Crisco until golden brown. It should take from ten to twelve minutes. Serve on a folded napkin garnished with parsley.

C

(*Kate B. Vaughn*)

Drain chicken but do not wipe dry. Season with salt and white pepper and dredge well with flour. Put three tablespoonfuls Crisco in frying pan and when hot place chicken in pan; cover, and allow to steam for ten minutes. Uncover, and allow chicken to brown, taking care to turn frequently. Serve on hot platter, garnished with parsley and serve with cream gravy.

D

Select medium-sized chickens and wash well, then cut into neat pieces and season them. Mix 1 cupful cornmeal with 1 cupful flour, 1 tablespoonful salt and 1 tablespoonful black pepper. Dip each piece in mixture and fry in hot Crisco twelve minutes. Drain and serve with cornmeal batter bread.

E

Wash young chicken, cut into neat pieces, dust with salt, pepper, and flour, and fry in hot Crisco twelve minutes. Drain, place on hot platter, pour over it ½ pint hot sweet cream, sprinkle over with chopped hot roasted peanuts, little salt and pepper.

Fried Chicken, Mexican Style

1 tender chicken
Salt and pepper to taste
1 clove garlic
1 seeded green pepper
2 large tomatoes
5 tablespoonfuls Crisco
Corn croquettes

For Croquettes

2 tablespoonfuls Crisco
1 can or 14 ears corn
2 tablespoonfuls flour
2 cupfuls milk
½ teaspoonful sugar
Pepper and salt to taste
1 egg
Breadcrumbs

For chicken. Draw, wash and dry chicken, then cut into neat joints, sprinkle with salt and pepper. Heat Crisco in frying pan, add clove of garlic and pepper cut in small pieces. When garlic turns brown take out, put chicken in, fry till brown, then cover closely, allow to simmer till ready. A short time before covering chicken, add tomatoes peeled and cut in small pieces.

For croquettes. Drain liquor from can of corn, or grate ears, and chop kernels fine. Blend Crisco and flour together in pan over fire, add milk, stir till boiling and cook five minutes, stirring all the time, add seasonings, and corn, and cook five minutes, then allow to cool. When cold, form lightly with floured hands into neat croquettes, brush over with beaten egg, toss in crumbs and fry in hot Crisco to a golden brown. Drain. Place chicken on hot platter, garnish with croquettes and serve hot.

Fried Sweetbreads

Sweetbreads
Egg
Breadcrumbs
Crisco
Peas or new Potatoes
Rich brown gravy

Sweetbreads should always be blanched before using. To blanch, soak in cold water two hours, changing water 3 or 4 times. Put into saucepan, cover with cold water, add little salt, and skim well as water comes to boil. Simmer from ten to thirty minutes, according to kind of sweetbread used. Remove to basin of cold water until cold, or wash well in

cold water and press between two plates till cold. Dry, remove skin, cut in slices, coat with beaten egg and toss in breadcrumbs, and fry in hot Crisco to a golden brown. Serve round peas or new potatoes, with rich brown gravy.

For those whose digestions are at fault, sweetbreads ought to be eaten as a daily ration if the pocketbook will afford it. For this special part of the animal's anatomy is that one of all the viscera whose mission is to help digestion. It is of the very pancreas itself, that stomach gland of marvelously involved structure which elaborates the powerful pancreatic juice. It is alkaline in nature, able to digest starches, fats, and most of what escapes digestion in the stomach proper. It received its name from a fancied resemblance in its substance and formation to the rising lumps of dough destined for bread.

Kidney Omelet

4 kidneys
6 tablespoonfuls Crisco
6 eggs
Salt and pepper to taste
1 tablespoonful chopped parsley
2 tablespoonfuls cream

Melt 2 tablespoonfuls Crisco in frying pan. Skin kidneys and cut into small dice and toss them into hot Crisco three minutes. Whisk whites of eggs to stiff froth, then add yolks, seasonings, parsley, and cream, then add kidney. Make remaining Crisco hot in omelet pan or frying pan, pour in omelet and fry over clear fire six minutes. When the edges are set, fold edges over so that omelet assumes an oval shape; be careful that it is not done too much; to brown the top, hold pan before fire, or put it in oven; never turn an omelet in the pan. Slip it carefully on a hot dish and serve the instant it comes from the fire.

Macaroni and Round Steak

½ package macaroni
½ can tomatoes
3 tablespoonfuls Crisco
2 onions
Salt and pepper to taste
½ cupful grated cheese
1 lb. round steak
½ cupful breadcrumbs

Break macaroni into inch lengths and add it with 1 tablespoonful of the Crisco to plenty of boiling water and boil twenty minutes, then drain. Put steak and onions through a food chopper. Put macaroni into Criscoed fireproof dish, then put in meat and onions, add seasonings, tomatoes, cheese, breadcrumbs, and remainder of Crisco melted. Bake in moderate oven one hour.

Meat Cakes

1 lb. round steak
3 tablespoonfuls melted Crisco
3 small onions
1 tablespoonful chopped parsley
2 eggs
¼ lb. grated cheese
2 cupfuls breadcrumbs
Salt, pepper, and paprika to taste
Tomato sauce

For Sauce

4 tablespoonfuls Crisco
1 carrot
1 turnip
2 onions
3 tablespoonfuls flour
2 cupfuls stock
1 can or ½ lb. fresh tomatoes
1 tablespoonful tomato catsup
1 bunch sweet herbs
Salt, pepper, and red pepper to taste
1 blade mace
1 bay leaf

For meat cakes. Grind steak and onions together, add Crisco, cheese, parsley, crumbs, seasonings, and eggs lightly beaten. Mix together; form into small cakes, toss in flour and fry in hot Crisco. Serve hot with tomato sauce.

For sauce. Slice vegetables, fry in Crisco ten minutes; then add flour, stock, mace, bay leaf, tomatoes, catsup, and herbs. Stir till they boil, then simmer gently forty-five minutes. Rub through sieve, add seasonings and use.

Sufficient for twelve meat cakes.

Roast Turkey

For Stuffing

1 quart fine breadcrumbs
4 tablespoonfuls Crisco
1½ teaspoonfuls salt
2 tablespoonfuls chopped onion
1 lemon
1 tablespoonful chopped parsley
¼ teaspoonful powdered thyme
¼ teaspoonful white pepper
1 egg
1 cupful country sausage
A little warm water
1 turkey
Salt pork

Mix sausage with breadcrumbs, add egg well beaten, Crisco, seasonings, grated rind and strained juice of lemon, and moisten with a little hot water. Be careful not to make stuffing too moist. See that turkey is well plucked, singed and wiped; fold over pinions, and pass skewer through them, thick part of legs and body, catching leg and pinning it on other side; now secure bottom part of leg, which should have feet cut off half way to first joint, fill breast of bird with stuffing and skewer down skin. Place 2 strips salt pork in bottom of roasting pan, lay in turkey and place several strips salt pork over breast and sprinkle lightly with flour. Roast in hot oven, allowing fifteen minutes to the pound. Baste occasionally with melted Crisco. Serve hot decorated with cooked onions, celery tips, cranberries, and parsley.

Roast with Spaghetti

2 tablespoonfuls flour
3 lbs. sirloin steak
2 tablespoonfuls Crisco
1 large onion
¼ lb. bacon
Salt and pepper to taste
½ cupful water
½ can tomatoes
1 cupful cooked peas
1 cupful cooked spaghetti
1 cupful cooked mushrooms
8 stuffed olives

Melt Crisco and make very hot in roasting pan, lay in steak, season with salt and pepper, cover with layer of sliced onion, layer of bacon, add

water, cover, and cook in moderate oven about three hours. Have ready peas, mushrooms, and spaghetti. Place meat on hot platter. Add juice of tomatoes to gravy, and flour moistened with a little cold water, peas and mushrooms, and when hot pour round meat. Spread spaghetti on top and decorate with olives.

Sirloin Steak with Fried Apples

1 sirloin steak weighing 2 lbs.
3 tablespoonfuls melted Crisco
1 teaspoonful salt
½ teaspoonful white pepper
4 tart apples
Milk
Flour

Mix salt and pepper with melted Crisco, then rub mixture into steak and let steak lie in it twenty minutes. Broil it over a clear fire till done and serve surrounded with fried apples. Peel and core and slice apples, then dip in milk, toss in flour, and drop into hot Crisco to brown.

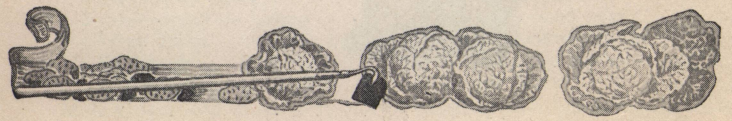
VEGETABLES

IN the vegetable kingdom the cereals form a very important part of our diet, by supplying chiefly the carbohydrates or heat giving matter. Another nutritious group termed pulse, are those which have their seed enclosed in a pod. The most familiar are peas, beans, and lentils; peas and beans are eaten in the green or unripe state as well as in the dried. Vegetables included in the pulse group are very nourishing if they can be digested, they contain a large amount of flesh forming matter, usually a fair amount of starch, but are deficient in fat. Peas and beans also contain sulphur and tend to produce flatulence when indulged in by those of weak digestion. Lentils contain less sulphur, and do not produce this complaint so readily.

The more succulent vegetables include tubers, as potatoes and Jerusalem artichokes, leaves, stems, and bulbs, as cabbages, spinach, celery, and onions, roots and flowers, as carrots, parsnips, and cauliflower. These are very valuable on account of the mineral matter, chief of which are the potash salts, so necessary to keep the blood in a healthy condition.

Care should be taken in cooking vegetables not to lose the salts. Steaming is preferable to boiling, by preserving the juices, though it does not tend to improve the color of green vegetables. A little lemon juice added to the water in which new potatoes are boiling improves their color. Mint is sometimes cooked with new potatoes. To secure a good color in vegetables when cooked, careful cleaning and preparation before cooking is essential. Earthy roots, such as potatoes, turnips, and carrots, must be both well scrubbed and thoroughly rinsed in clean water before peeling. From all vegetables, coarse or discolored leaves and any dark or decayed spots should be carefully removed before cooking

Potatoes should be peeled thinly, or, if new, merely brushed or rubbed with a coarse cloth to get the skin off.



Turnips should be thickly peeled, as the rind in these is hard and woody. Carrots and salsify, unless very old, need scraping only. After the removal of the skin, all root vegetables (except those of the onion kind) should be put in cold water till wanted. Potatoes, artichokes, and salsify especially, must not remain a moment out of water after peeling, or they will turn a dark color, and to the water used for the two last, a little salt and lemon juice should be added in order to keep them white.

Root vegetables should be boiled with the lid of the pan on, green vegetables should be boiled with the lid of the pan off, for the preservation of the color.

Baked Parsnips

½ cupful Crisco — 5 parsnips
Salt and pepper to taste

Peel and wash parsnips and cut into two lengthwise, and steam for one hour. Remove from fire, lay in greased baking pan, sprinkle with salt and pepper, spread Crisco over top and bake slowly till tender. Serve hot.

Brussels Sprouts with Crisco

½ cupful Crisco — 2 baskets brussels sprouts
½ cupful grated cheese

Trim sprouts and cook them in boiling salted water till tender, drain and dry on clean cloth. Heat Crisco hot, then add sprouts, and fry until very hot. Turn them into hot vegetable dish, sprinkle cheese over them and serve immediately.

Sufficient for one dish.

Colcannon

3 tablespoonfuls Crisco — ½ lb. cold cooked cabbage
½ lb. cold cooked potatoes — 1 onion
Salt and pepper to taste

Chop onion and cabbage and mash potatoes. Put into frying pan with Crisco and fry few minutes adding seasonings. Turn into Criscoed fireproof dish and brown in oven.

Lentils and Rice

3 tablespoonfuls Crisco — 1 teaspoonful curry powder
½ cupful lentils — 1 small onion
½ cupful milk — 1 tablespoonful lemon juice
½ cupful water — 1 cupful boiled rice
Salt and pepper to taste

Wash lentils and soak them in milk twelve hours. Melt Crisco, slice onion and fry a pale brown, add curry powder, milk, water, seasonings, and lentils, simmer two hours and add lemon juice just before serving. Serve with rice.

Corn Fritters

1 tablespoonful melted Crisco
1 can crushed corn
1 cupful flour
1 teaspoonful baking powder
2 teaspoonfuls salt
¼ teaspoonful white pepper
3 tablespoonfuls milk

Put corn into bowl, add Crisco, salt, pepper, flour, baking powder, and milk. Mix well and drop in spoonfuls on a Criscoed griddle. Fire brown on both sides. These fritters are a palatable accompaniment to roast chicken.

Sufficient for twelve fritters.

Corn, Okra and Tomatoes

2 tablespoonfuls Crisco
2 tablespoonfuls sugar
Salt and pepper to taste
6 ears corn
6 okra pods
6 tomatoes
2 cupfuls water

Cut corn from cob, put into saucepan, cover with water and bring to boil. Scald and skin tomatoes and cut okra into cross sections half inch long. Add both to corn with Crisco and seasonings. Stir and cook until tender. Serve hot.

Curried Cauliflower

4 tablespoonfuls Crisco
1 cauliflower
1 sliced onion
1 dessertspoonful curry powder
1 tablespoonful lemon juice
¼ teaspoonful salt
1 cupful stock or water

Boil cauliflower in boiling salted water till tender, drain, then divide into small flowerets. Fry onion in Crisco a few minutes, then add curry powder, lemon juice and stock or water. Simmer fifteen minutes, then strain into clean saucepan. Add cauliflower and salt and simmer fifteen minutes. Serve hot.

Creamed Potatoes au Gratin

2 tablespoonfuls Crisco
1 quart peeled and diced potatoes
2 cupfuls milk
1 tablespoonful flour
1 cupful grated cheese
1 teaspoonful salt
¼ teaspoonful white pepper
Few breadcrumbs

Cut potatoes in about 1½-inch pieces, then boil carefully in boiling salted water. When done, drain, and pour into Criscoed fireproof dish. Blend Crisco and flour in saucepan over fire, add milk, stir till boiling, then add cheese and seasonings. Pour over potatoes; grate a little cheese over top, sprinkle with breadcrumbs and bake five minutes in hot oven.

Eggplant en Casserole

4 tablespoonfuls melted Crisco
1 large eggplant
3 small onions
2 garlic cloves
3 tomatoes
1 green pepper
Salt and pepper to taste

Slice eggplant into thin slices, then slice onions, garlic, tomatoes and pepper quite thin. Arrange them, alternately, in a Criscoed casserole, seasoning each layer with salt and pepper. Pour in melted Crisco and cover. Cook over slow fire or in moderate oven till the eggplant is tender. Serve hot or cold.

Fried Parsley

Crisco
1 bunch parsley
Salt and pepper to taste

Wash, pick and dry the parsley; put into frying basket and immerse in hot Crisco fifteen seconds or until crisp. Drain and sprinkle with salt and pepper. It should be a nice green color. If it turns black it has been too long in the fat.

Green Peas a la Maitre d'Hotel

4 tablespoonfuls Crisco
1 quart shelled peas
Salt and pepper to taste
1 tablespoonful lemon juice
2 sprigs mint
1 tablespoonful chopped parsley
1 teaspoonful sugar

Shell peas and throw into plenty boiling water containing a teaspoonful of salt, sugar, and mint; boil fast until tender, then drain. Mix lemon juice with Crisco and parsley; stir this among peas, reheat them, and serve at once.

Jerusalem Artichokes

2 tablespoonfuls Crisco
1 lb. artichokes
2 tablespoonfuls flour
1 yolk of egg
2 teaspoonfuls lemon juice
1½ cupfuls milk
2 tablespoonfuls cream
Salt and pepper to taste
1 teaspoonful chopped parsley
¼ cupful vinegar
1 pint boiling milk

Wash and scrape artichokes, and throw each one in cold water containing vinegar; when all are done, rinse in water and put into boiling milk, add cupful of boiling water and teaspoonful of salt. Boil quickly with lid off, pierce with fork to know if done. Lift into hot dish and cover with sauce. Blend Crisco and flour in saucepan, over fire, add milk, salt and pepper, and cook five minutes. Remove from fire, add egg beaten with cream and lemon juice, pour over artichokes and sprinkle parsley over top.

Mushrooms au Gratin

4 tablespoonfuls Crisco
14 large mushrooms
1 egg
Salt, pepper, and red pepper to taste
1 tablespoonful chopped parsley
2 tablespoonfuls chopped cooked meat
2 tablespoonfuls breadcrumbs
½ cupful stock
1 tablespoonful chopped suet

Beat up egg, add suet, breadcrumbs, meat, parsley, and seasonings. Wash and remove centers from mushrooms, season with salt, pepper, and red pepper, also place tiny piece of Crisco in each. Then put heaping teaspoonful of forcemeat in each one, and cover with crumbs. Lay on Criscoed tin, add stock, and bake fifteen minutes. Serve on hot dish with gravy poured round.

Sufficient for fourteen mushrooms.

New Potatoes a la France

3 tablespoonfuls Crisco
2 lbs. new potatoes
2 sprigs mint
1 teaspoonful salt
1 tablespoonful chopped parsley
1 tablespoonful lemon juice

Wash and scrape potatoes. With round vegetable cutter scoop out from potatoes a number of little balls like marbles; boil these till tender in water, to which have been added salt and mint. Drain, add Crisco, parsley, and lemon juice. Toss them about gently in pan a few minutes, and serve on hot dish.

Potato Pone

2 tablespoonfuls Crisco
1 generous cupful grated raw sweet potatoes
1 cupful molasses
1 cupful milk
1 teaspoonful powdered ginger
½ teaspoonful powdered cinnamon
½ teaspoonful salt
1 tablespoonful chopped candied orange peel
½ cupful sugar

Grate potatoes or put them through meat chopper, add molasses, sugar, milk, Crisco, salt, spices, and orange peel. Mix well, turn into Criscoed fireproof dish and bake in moderate oven till firm.

Sufficient for one small pone.

Savory Lentil Dish

4 tablespoonfuls melted Crisco
1 cupful lentils
1 bay leaf
3 sprigs parsley
1 chopped onion
Salt, pepper, and powdered mace to taste
1 cupful boiled rice
1½ cupfuls highly seasoned tomato sauce

Wash lentils and soak in plenty of cold water four hours. Put into boiling salt water, add bay leaf, parsley, seasonings and cook till tender.

Chop and fry onion in 3 tablespoonfuls of Crisco, add lentils, rice and remainder of Crisco, stir and allow to get hot. Turn into hot dish and pour over tomato sauce.

Stuffed Beets

2 tablespoonfuls Crisco
6 beets
2 green peppers
2 tablespoonfuls breadcrumbs
½ teaspoonful onion juice
Salt and pepper to taste
Watercress

Select 6 smooth even-sized beets and boil in boiling salted water until tender. Peel, remove root end and remove center, leaving shell about half inch thick. Remove stems and seeds from peppers; cover peppers with boiling water ten minutes. Dice them with scooped out beet, add Crisco, breadcrumbs, and seasonings. Mix and divide into beet shells, dot with Crisco and bake in moderate oven twenty minutes. Serve garnished with watercress.

Sufficient for six beets.

Stuffed Eggplant

3 tablespoonfuls Crisco
3 small eggplants
½ cupful breadcrumbs
1½ cupfuls stock
½ cupful chopped cooked chicken or veal
1 egg
Salt, pepper, and nutmeg to taste
½ cupful white wine
Criscoed crumbs
1 tablespoonful flour
1 tablespoonful sherry

Cut eggplants in halves and scoop out inside, leaving shell half inch thick. Soak ½ cupful breadcrumbs in ½ cupful stock ten minutes, then add cooked chicken, 2 tablespoonfuls melted Crisco, egg, well beaten, and seasoning of salt, pepper and nutmeg. Divide this forcemeat into eggplants, sprinkle Criscoed crumbs on top, set them in greased pan, pour in rest of stock and white wine and bake half hour in moderate oven. Serve on hot dish with following sauce.

Put 1 tablespoonful Crisco and 1 tablespoonful flour into saucepan and blend over fire, add sherry and 1 cupful liquor from pan in which they were baked, and cook five minutes.

Sufficient for three eggplants.

Stuffed Potatoes

(*Kate B. Vaughn*)

2 tablespoonfuls melted Crisco
6 large potatoes
2 tablespoonfuls grated cheese
1 yolk of egg
Salt and pepper to taste

Wash six well shaped white potatoes and rub skin with Crisco. Bake until tender, cut slice off one end, and with a teaspoon remove all potato from shells. Mash the potato, adding Crisco, cheese, seasonings, and egg yolk. Refill shells and bake fifteen minutes. Serve hot on napkin.

Sufficient for six potatoes.

Viennese Carrots

2 tablespoonfuls Crisco
1 bunch carrots
1 tablespoonful flour
½ teaspoonful sugar
2 tablespoonfuls vinegar
Salt and pepper to taste
1 tablespoonful chopped parsley
1 cupful cooked peas

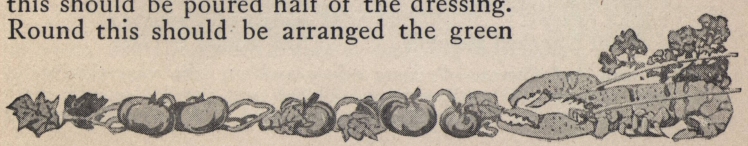
Scrape carrots, cut in small pieces, and boil till tender in boiling salted water. Blend Crisco and flour together in saucepan over fire, stir in 1 cupful water in which carrots were cooked, boil five minutes, then add sugar, seasonings, vinegar, parsley, peas, and carrots; simmer ten minutes and serve hot in vegetable dish.

SALADS

SALADS are classified into two groups—i.e., the raw, such as lettuce, endive, radishes, cucumber, celery, etc., and the cooked, such as those made from cooked vegetables, eggs, cooked cold fish, poultry, and meat. The raw materials should be washed most carefully and well cleaned before mixing, and the utensils for cutting and mixing, as well as the basins or bowls used, should be clean and dry. Every salad, no matter how plain and simple it may be, should be made to look inviting and tempting. The method of draining or drying is a very easy performance so long as the salad leaves, whatever they may be, are almost free from moisture. This is effected best by putting the leaves, which should be broken, not cut with a knife, into a wire basket and drying them well, or else putting them into a cloth lightly folded and shaking well until the outer moisture of the leaves is well absorbed. The salad then is ready for mixing.

Any cold boiled vegetables left over from dinner are useful as giving variety to salads, and help to make a good accompaniment to cold meat served to luncheon. Thinly sliced cold potatoes—new ones for choice, green peas and string beans, are especially good for this purpose, and even Brussels sprouts, carrots, and turnips may be used on occasion in small quantities. More substantial salads, prepared with cold meat or fish, form appetizing luncheon or breakfast dishes. Those made with chicken, lobster and salmon respectively are most widely known, but fillets of flounder, cold ham or beef, or lamb make very good salads, and even the humble herring, and dried and salted fish, may be used with advantage in this way.

The meat or fish should be cut up into cubes or convenient small pieces, and piled up in the center of the dish or salad bowl on a layer of seasoned, shredded lettuce. Over this should be poured half of the dressing. Round this should be arranged the green



constituents of the salad, cut up rather small, garnished with slices of tomato or beets, cucumber and hard-cooked egg. The remainder of the dressing should be poured over this, and the top of the meat or fish pyramid may be ornamented with a few sprigs of endive or parsley.

Apple, Celery and Nut Salad

For Dressing

1 tablespoonful Crisco
1 teaspoonful mustard
1 teaspoonful sugar
½ teaspoonful salt
¼ teaspoonful white pepper
2 eggs
4 tablespoonfuls lemon juice
1 cupful whipped cream

For Salad

1 quart chopped apples
1 pint diced celery
1½ cupfuls blanched and shredded almonds
⅔ cupful rolled pecan nut meats

For salad. Mix apples, celery and nut meats.

For dressing. Melt Crisco, add mustard, sugar, salt, pepper, yolks of eggs well beaten, and lemon juice. Cook in double boiler till it thickens, then add whites of eggs stiffly beaten. Chill and add whipped cream just before serving. Dressing should be mixed with fruit.

Asparagus Salad

For Dressing

6 tablespoonfuls melted Crisco
1 teaspoonful salt
¼ teaspoonful paprika
Pinch black pepper
1 tablespoonful tarragon vinegar
2 tablespoonfuls cider vinegar
1 tablespoonful chopped cucumber pickles
1 tablespoonful chopped green peppers
1 teaspoonful chopped parsley
1 teaspoonful chopped chives
1 can asparagus or fresh cooked asparagus

Drain asparagus and chill. Mix salt with paprika, add pepper, tarragon vinegar, cider vinegar, Crisco, pickles, peppers, parsley, and chives, mix well and pour over the asparagus.

Celery and Almond Salad

1 cupful melted Crisco
1 yolk of egg
1 tablespoonful lemon juice
1 tablespoonful vinegar
1 head celery
½ cupful blanched almonds
1 crisp lettuce
Few drops green color
½ teaspoonful sugar
1 teaspoonful salt
½ teaspoonful mustard
Red pepper to taste

Melt and cool Crisco. Prepare celery and cut into very thin strips and plunge in ice water until wanted. Blanch and shred almonds; wash and dry lettuce leaves. Put yolk of egg into bowl, add mustard, salt, and

red pepper and mix well with wooden spoon. Add sugar, teaspoonful lemon juice, teaspoonful vinegar; beat in Crisco gradually. Remove spoon and beat with egg beater five minutes, then beat in rest of lemon juice and vinegar. Add more seasonings if needed and enough green color to make it look pretty. Dry celery and mix with almonds, then toss them into dressing. Serve on lettuce leaves.

Fruit Salad

Dressing

1 tablespoonful Crisco
Pinch of salt
2 tablespoonfuls sugar
2 tablespoonfuls vinegar
2 eggs
½ pint whipped cream

Salad

24 marshmallows
1 can pineapple
2 juicy apples
6 oranges
Lettuce leaves

For salad. Cut fruit and marshmallows into small pieces, then mix and chill.

For dressing. Beat up eggs in double boiler, add vinegar, sugar, salt, Crisco and cook until thick. Cool and add whipped cream. Mix with fruit and serve on crisp lettuce leaves.

Orange and Tomato Salad

3 tablespoonfuls melted Crisco
4 tomatoes
4 oranges
1 tablespoonful chopped parsley
Tarragon vinegar
Salt

Peel oranges and tomatoes, and slice and arrange alternately in salad bowl. Mix juice squeezed from "tops and bottoms" of oranges with an equal quantity of tarragon vinegar, add Crisco and salt to taste. Pour over fruit and sprinkle chopped parsley on top.

Potato and Nut Salad

For Dressing

5 tablespoonfuls melted Crisco
1 teaspoonful mustard
1 teaspoonful salt
2 teaspoonfuls sugar
2 yolks of eggs
¾ cupful cream or milk
¼ cupful vinegar

For Salad

3 cupfuls sliced cold potatoes
1 cupful broken hickory nut meats
1 teaspoonful chopped onion
Chopped parsley
Cold cooked sliced beets
Sliced lemon
Lettuce leaves

For dressing. Mix sugar, salt, and mustard, add Crisco and stir thoroughly; then add yolks of eggs well beaten, cream, and lastly vinegar. Cook in double boiler until consistency of cream. If milk is used instead of cream, add 1 teaspoonful flour to other dry ingredients.

For salad. Mix potatoes, nuts, and onion together, and place on crisp lettuce leaves; pour over dressing and garnish to taste with beets, lemon, and parsley.

Potato and Pimiento Salad

1 tablespoonful Crisco
4 potatoes
2 hard-cooked eggs
½ can pimientoes
1 tablespoonful chopped cucumber pickle
1 teaspoonful salt

Dressing

1 tablespoonful Crisco
2 teaspoonfuls dry mustard
1 teaspoonful salt
2 tablespoonfuls sugar
1 lemon
½ pint vinegar
2 eggs

For salad. Boil potatoes and slice them, add Crisco and salt. Now chop pickles, eggs, and pimientoes and add them and set in cool place to chill.

For dressing. Put vinegar into double boiler, add strained lemon juice, sugar, salt, mustard, then add Crisco and eggs well beaten. Cook until thick, then cool and use.

Shrimp Salad

2 tablespoonfuls Crisco
1 can shrimps
1 cupful celery cut in cubes
1 cupful tart apples cut in cubes
1 cupful broken Brazil nut meats
½ cupful broken English walnut meats
Salt and pepper to taste
1 lemon
4 tablespoonfuls vinegar
2 tablespoonfuls water
4 eggs
1 teaspoonful dry mustard
1 teaspoonful salt
1 teaspoonful sugar
½ teaspoonful white pepper
½ cupful thick cream and 1 cupful whipped cream
Crisp lettuce leaves

Break shrimps into pieces, put them into earthenware dish, moisten with a little melted Crisco, season with vinegar, salt and pepper. Put apple cubes into a small dish and sprinkle lightly with lemon juice, then put in celery cubes with a little more lemon juice and toss together. Cover and set aside. Prepare nut meats. Heat vinegar and water in double boiler, beat eggs, then gradually add them to vinegar, stirring all the time. Now add Crisco and cook slowly, stirring constantly. Remove from fire, and beat till cold, then add mustard, salt, sugar, and pepper. Add the thick cream just before serving. When ready to serve toss nuts, celery, apples and shrimps together with a silver fork, and add a little dressing. Heap on crisp lettuce leaves on individual plates, and pour over each salad a heaping spoonful of the dressing; and top with spoonful of unsweetened whipped cream.

PUDDINGS

PUDDINGS as a rule either are boiled, steamed or baked. For boiled puddings, care should be taken that the saucepan be kept boiling or the water will get into the pudding and spoil it. For pudding cloths, use materials such as linen or cheese cloth. After using, the cloth must be thoroughly washed in plenty of water with a little washing soda, but on no account use soap, and see that the cloth is perfectly dry before putting it away. Many puddings are lighter and better steamed, and then instead of the cloth only a piece of Criscoed paper is required, twisted over the top of the basin or mold. Very light puddings, such as custards, should be placed in a steamer. Most of the steamed puddings mixed a little softer, are excellent baked in a pudding dish.

In steaming puddings keep them at a uniform heat all the time, and be careful not to lift the lid off the pan for the first half hour. All farinaceous puddings should be cooked well, as then they are easier to digest. Cornstarch must be well cooked, from eight to ten minutes. Mold for jellies or blanc-manges should be well rinsed with cold water before using. Batters must be well beaten and allowed to stand for thirty minutes or longer before cooking, because the starch in the flour swells, and the batter will therefore be lighter. Batter puddings should be put into a quick oven. Puddings composed principally of milk and eggs should be very gently cooked, as strong heat will cause them to curdle.

In stewing fruit, prepare syrup first. Bring to boil, lay fruit in, and simmer gently. Souffles should be very light and spongy. Eggs form a large part of souffles, more whites than yolks are used and the former are beaten to a stiff froth. All souffles should be served quickly. Omelets are composed mainly of eggs. They can be savory or sweet. If overcooked an omelet will be tough. To prevent milk running

over when it comes to boil, put spoon in saucepan. Never leave spoon in saucepan if you wish the contents to cook quickly, and in any case a metal spoon never should be allowed to stand in a boiling saucepan containing fruit or any acid.

Apple Dumplings

5 apples
4 tablespoonfuls Crisco
2 cupfuls flour
2 teaspoonfuls baking powder
½ teaspoonful salt
¾ cupful milk
Sugar
Cinnamon

Sift flour, baking powder, and salt together. Work in Crisco with finger tips; add gradually milk, mixing with knife to a nice dough. Roll ½ inch thick, cut into squares and lay in center of each an apple, pared and cored. Fill up centers with sugar and cinnamon and take corners off the dough and pinch together. Place in Criscoed baking pan, dot over with sugar and Crisco and bake in moderate oven for twenty-five minutes or till nicely browned. Serve hot with milk.

Sufficient for five dumplings.

Apple Fritters

1½ cupfuls flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
1 egg
1 tablespoonful melted Crisco
¾ cupful milk
3 apples cut in quarter inch slices
3 tablespoonfuls sugar
1 lemon

Peel, core and slice apples, then sprinkle 2 tablespoonfuls sugar and strained juice of the lemon over them. Sift flour, baking powder, sugar, and salt into bowl, add milk to well beaten egg and stir liquid gradually into dry materials, beating thoroughly, then add Crisco. Cover apple slices with batter and drop them into plenty of Crisco heated so that small breadcrumb browns in sixty seconds. Fry for four or five minutes. Drain and sprinkle with powdered sugar. Any other fruit may be substituted for apples or a combination of fruits makes a delicious fritter.

Sufficient for twelve fritters.

Baked Rhubarb Pudding

2 cupfuls flour
½ teaspoonful salt
2 bundles rhubarb
½ cupful Crisco
1 lemon
6 tablespoonfuls brown sugar
Water
½ cupful granulated sugar

Put granulated sugar into small saucepan over fire, and when brown, coat inside of plain pudding mold with it. Sift, flour, salt, and baking powder together, rub Crisco finely into it, then mix whole to a smooth

paste with cold water. Turn out on a floured board, cut off one-third of it, and put one side for the lid. Roll out remainder until twice the circumference of the top of the mold, then drop gently into mold, pressing evenly against sides. Fill center with rhubarb, cut in pieces an inch long. Add grated rind and strained juice of half of the lemon, brown sugar and 3 tablespoonfuls water. Roll out pastry that was put on one side, wet edges of it, lay it on top. Cover with a piece of greased paper, and bake in moderate oven one hour. Turn out and serve with hot milk.

Caramel Bread Pudding

3 cupfuls breadcrumbs
1 quart hot milk
2 eggs
1 teaspoonful lemon extract
Grated nutmeg to taste
½ teaspoonful salt
1 cupful sugar
4 tablespoonfuls Crisco

Whipped cream

Put Crisco, crumbs, and salt into a basin, add hot milk and soak ten minutes. Melt sugar and brown it lightly in a small pan over fire, then add it to the bread, with eggs well beaten, and flavorings. Pour into Criscoed pudding dish and bake in moderate oven till firm. Serve with whipped cream.

Caramel Rice Pudding

⅓ cupful rice
½ teaspoonful lemon extract
3 eggs
2 tablespoonfuls Crisco
¼ teaspoonful salt
2 cupfuls milk
¼ cupful sultana raisins
2 tablespoonfuls powdered sugar

¼ cupful granulated sugar

Melt granulated sugar in small saucepan and cook until brown, but do not burn; pour it while hot into pudding mold and spread it all over inside. Wash rice, parboil, drain, and cook slowly in milk thirty minutes; turn into basin, add powdered sugar, Crisco, salt, raisins, extract, and eggs well beaten and pour into prepared mold. Set mold in pan of boiling water and bake in oven till quite set. Turn out and serve hot or cold.

Carrot Pudding

For Pudding

1 cupful brown sugar
1 cupful grated carrots
1 cupful grated raw potatoes
¾ cupful Crisco
1 cupful seeded raisins
½ cupful breadcrumbs
½ cupful milk
1½ cupfuls flour
1 teaspoonful salt
1 teaspoonful baking powder
1 teaspoonful mixed spices
1 cupful currants

Prune sauce

For Sauce

½ lb. prunes
1 wineglassful sherry wine
1 lemon
½ teaspoonful powdered cinnamon

For pudding. Cream Crisco and sugar together, add carrots, potatoes, raisins, currants, crumbs, flour, baking powder, salt, and milk. Turn into Criscoed mold, cover, and steam steadily for three hours.

For sauce. Soak prunes in water over night, after first washing them. Next day put them in pan with water they were soaked in, just enough to cover them, simmer gently until quite soft. Do not allow to boil, or fruit will be spoiled. Take out stones, crack some, and save kernels. Rub prunes through sieve, add sherry, kernels blanched, grated rind and strained lemon juice, and cinnamon, and then, if thicker than rich cream, add more wine, or water, and use.

Chocolate Jelly

2 squares chocolate
1 tablespoonful Crisco
2 cupfuls boiling water
¾ cupful sugar
4 tablespoonfuls cornstarch
¼ teaspoonful salt
1 teaspoonful vanilla extract
½ cupful chopped walnut meats

Whipped cream

Break chocolate into small pieces, dissolve in boiling water, add Crisco, salt, cornstarch mixed with sugar, stir and boil for eight minutes. Remove from fire add vanilla and nuts and pour at once into wet mold. Cool, turn out and serve with whipped cream.

Cottage Pudding

1 cupful sugar
1 egg
1 cupful milk or water
2¼ cupfuls flour
2 tablespoonfuls Crisco
2½ teaspoonfuls baking powder
½ teaspoonful salt
1 teaspoonful vanilla extract

1 cupful sultana raisins

Sauce

1 tablespoonful Crisco
1 cupful sugar
1 egg
1 teaspoonful flour
½ teaspoonful vanilla extract
1½ cupfuls boiling water

For pudding. Cream Crisco and sugar together, add egg well beaten, milk, vanilla, flour, baking powder, salt, and raisins. Mix well, turn into greased mold, and bake twenty-five minutes in moderate oven. Turn out

and serve with sauce. This pudding may be steamed for one and a half hours.

For sauce. Mix flour, sugar, and Crisco in small saucepan, then stir in egg and boiling water and boil for three minutes. Flavor with the vanilla.

Molasses Sponge Pudding

2 cupfuls flour
2 teaspoonfuls powdered ginger
½ teaspoonful baking soda
½ cupful Crisco
½ cupful molasses
1 egg
1 tablespoonful breadcrumbs
¾ cupful milk
½ teaspoonful salt

For Sauce

1 teaspoonful Crisco
1 teaspoonful cornstarch
2 tablespoonfuls lemon juice
3 tablespoonfuls molasses
1 cupful hot water

For pudding. Mix flour, breadcrumbs, soda and ginger together, then rub in Crisco with finger tips. Beat egg, add milk, molasses, salt and stir into dry ingredients. Turn mixture into Criscoed mold, cover with greased paper and steam steadily for two hours. Turn out and serve with sauce.

For sauce. Blend Crisco and cornstarch together, add molasses, water, and lemon juice, and boil a few minutes.

Monica Pudding

3 tablespoonfuls melted Crisco
2 cupfuls milk
½ cupful flour
3 eggs
¼ cupful sugar
¼ teaspoonful salt
½ teaspoonful vanilla extract

For Sauce

¼ cupful Crisco
½ cupful powdered sugar
½ cupful cream
½ teaspoonful vanilla extract

For pudding. Heat 1 cupful milk. Add other cupful milk gradually to flour, then stir into boiling milk, stir and cook five minutes. The mixture should be quite smooth. Remove from fire, add Crisco, sugar, yolks of eggs well beaten, salt, vanilla, and whites of eggs stiffly beaten. Turn into Criscoed baking dish, set in pan half full of boiling water. Bake in moderate oven thirty-five minutes. Serve with sauce.

For sauce. Melt Crisco, add sugar, cream and vanilla extract and bring to boil.

Noodle Pudding

1 pint noodles
¾ cupful sugar
4 eggs
¼ cupful melted Crisco
1 lemon
¼ cupful blanched and chopped almonds
2 cupfuls milk
¼ teaspoonful salt

Throw noodles into boiling salted water, and cook five minutes. Drain in colander. Beat eggs until light and stir in the noodles. Grease pudding dish with Crisco, put in layer of noodles, sprinkle with sugar, almonds, grated lemon peel, and melted Crisco. Then add another layer of

noodles and proceed as before, until all are used up. Add milk and salt, and bake one hour in moderate oven. Serve hot with milk or cream. This pudding is delicious with stewed fruits.

Peach Delights

1 quart flour
3 teaspoonfuls baking powder
2 tablespoonfuls sugar
½ cupful Crisco
½ teaspoonful salt
Milk
1 egg
1 teaspoonful lemon extract
Peaches, fresh or canned
Whipped cream

Sift flour, salt, sugar, and baking powder together, then rub Crisco lightly into them with finger tips; add lemon extract and enough milk to make soft dough. Drop mixture into Criscoed gem pans; place ½ peach on each one; fill cavities with sugar and bake in hot oven twenty-five minutes. Serve with whipped and sweetened cream.

Sufficient for twenty delights.

Pineapple Pudding

For Pudding

1 can pineapple
1 cupful sugar
4 tablespoonfuls melted Crisco
1 cupful breadcrumbs
¼ teaspoonful salt
6 eggs
Hard sauce

For Sauce

4 tablespoonfuls sugar
½ teaspoonful salt
½ cupful Crisco
2 tablespoonfuls sherry
4 tablespoonfuls blanched and chopped almonds

For pudding. Beat eggs, add crumbs, salt, Crisco, sugar, and pineapple cut into small dice. Turn into Criscoed pudding dish and bake in moderate oven until firm. Serve hot or cold with sauce.

For sauce. Beat Crisco with sugar to a cream, add salt, sherry, and almonds.

Mrs. Vaughn's Plum Pudding

½ lb. brown sugar
3 eggs
¼ lb. breadcrumbs
½ lb. browned flour
½ lb. Crisco
2 teaspoonfuls baking powder
1 teaspoonful salt
½ teaspoonful powdered cloves
½ teaspoonful powdered cinnamon
1 teaspoonful powdered ginger
½ teaspoonful grated nutmeg
¼ teaspoonful powdered mace
½ cupful New Orleans molasses
½ cupful brandy (or grape juice)
¼ cupful lemon juice
½ lb. seeded raisins
½ lb. sultana raisins
1 lb. currants
1 lb. crystallized fruits, consisting of pineapple, cherries, figs, orange peel, and citron

Chop crystallized fruits, add raisins and currants, then pour brandy (or grape juice) over them and let stand several hours. Cream Crisco and

sugar, add eggs well beaten together, and all other ingredients. Divide into greased mold (small Crisco cans will do) filling two-thirds full and steam steadily for three hours. Turn out while hot and serve with hard sauce.

Sufficient for two medium-sized puddings or one very large one.

Rice Pudding

½ cupful rice
3 cupfuls milk
¾ cupful sugar
¼ cupful Crisco
3 eggs
Powdered cinnamon to taste
¼ cupful seeded raisins
½ teaspoonful salt

Wash rice and steam it in milk until thick, then allow to cool. Cream Crisco and sugar, add well beaten eggs, raisins, salt, rice, and cinnamon. Grease pudding dish with Crisco, pour in mixture and bake one hour in moderate oven.

Walnut Pudding

½ cupful sugar
2 cupfuls flour
2 teaspoonfuls baking powder
4 tablespoonfuls melted Crisco
½ teaspoonful salt
2 eggs
1 cupful milk
1 teaspoonful vanilla extract
1 cupful chopped English walnut meats

For Sauce

1 cupful sugar
½ cupful water
3 yolks eggs
2 cupfuls whipped cream
½ teaspoonful lemon extract

Mix flour, sugar, salt and baking powder together, add eggs well beaten, vanilla extract, milk, Crisco, and nuts. Mix well and divide into 9 greased individual molds, cover with greased papers, and steam steadily for three-quarters of an hour. Turn out and serve.

For sauce. Boil sugar and water till syrup spins a thread, pour over beaten yolks of eggs, and stir quickly. Set aside to cool, stir occasionally, add lemon extract and just before serving mix in whipped cream.

Sufficient for nine individual puddings.

Woodford Pudding

(*Kate B. Vaughn*)

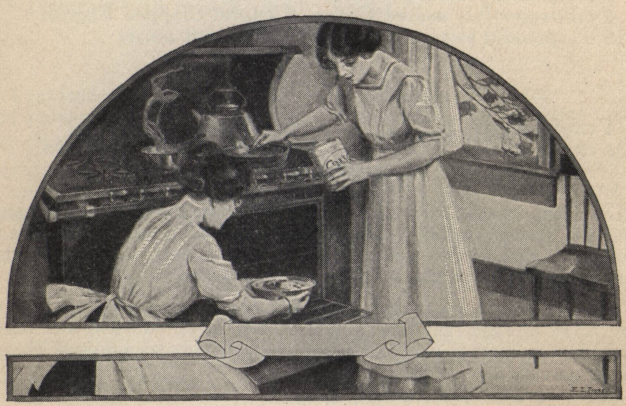
1 cupful sugar
3 eggs
½ cupful buttermilk
1 teaspoonful baking soda
1½ cupfuls flour
½ cupful Crisco
1 cupful blackberry jam
½ teaspoonful salt
½ teaspoonful grated nutmeg

For Sauce

2 tablespoonfuls Crisco
1 cupful whipped cream
Powdered sugar
¼ teaspoonful salt

For pudding. Cream Crisco and sugar together, add salt, eggs well beaten, nutmeg, flour, soda mixed with buttermilk, and jam. Mix well and turn into Criscoed pudding dish and bake in moderate oven thirty minutes or until firm.

For sauce. Cream Crisco and beat in as much powdered sugar as it will take up, add salt, and stir over boiling water until it becomes liquid, flavor with vanilla extract or sherry, and just before serving add cream. Serve hot with pudding.



SANDWICHES

IF the slices of bread have to be spread with butter or with a paste it should be done before they are cut off. The slices should not be cut thicker than an eighth of an inch. When butter is used there must just be enough of it for us to know in some mysterious fashion that it is there. Every scrap of a sandwich should be eatable. Sandwiches usually are served on folded napkins, and arranged in circles, so that one overlaps the other. It is well to lay a damp napkin over the sandwiches, if they are not wanted immediately, in order to keep them moist. To make superior sandwich butter, work one cupful of butter in a basin with a clean and dry wooden spoon until soft; then add by degrees half a cupful of whipped cream, seasoning of salt and mustard, and put it in a cool place until required.

Egg and Anchovy Sandwiches

3 tablespoonfuls melted Crisco
10 anchovies
3 hard-cooked eggs
2 tablespoonfuls grated cheese
1 teaspoonful curry powder
½ teaspoonful lemon juice
Salt to taste
Brown bread
Watercress

Bone anchovies, put them in basin or mortar with eggs, cheese, and one tablespoonful Crisco, and pound all well together. Mix remaining Crisco with curry powder, lemon juice, and salt to taste. Cut some thin brown bread, spread with curry mixture and layer of anchovy paste. Lay another piece of bread on top, and cut into fancy shapes. Arrange on a lace paper and garnish with watercress.

Sufficient for fifteen sandwiches.

Fried Egg Sandwiches

2 tablespoonfuls Crisco
4 hard-cooked eggs
2 tablespoonfuls cream
Salt, pepper, and red pepper to taste
2 rasped rolls
Fritter batter

Cut hard-cooked eggs free from shells into slices and pound with Crisco and cream to a paste. Season with salt, pepper, and red pepper. Cut rolls into thin slices, butter them,

spread them with the mixture and make into small sandwiches. Dip each sandwich into some prepared fritter batter, and fry to golden brown in hot Crisco. Drain and serve hot.

Sufficient for twelve sandwiches.

Hudson Sandwiches

2 tablespoonfuls Crisco
½ lb. cooked meat
6 stoned olives
1 teaspoonful capers
2 hard-cooked eggs
Salt and pepper to taste
Crisp lettuce leaves
12 picked shrimps
Parsley
Brown bread

Put through food chopper cooked meat, olives, capers, and yolks of hard cooked eggs, then add Crisco and seasonings. Spread mixture on slices of buttered brown bread, and stamp them out with a round cutter; sprinkle surfaces of sandwiches with chopped whites of eggs. Dish up in circular fashion. Put lettuce in center with shrimps and a few sprigs of parsley. This sandwich quite repays the trouble of making.

Sufficient for twenty sandwiches.

Pimiento Cheese Sandwiches

2 tablespoonfuls Crisco
1 cupful diced cheese
1 teaspoonful cornstarch
6 tablespoonfuls milk
1 teaspoonful salt
1 can pimientoes
Paprika to taste
Graham bread

Put cheese into double boiler, add Crisco, cornstarch, milk, salt, and paprika to taste and stir and cook until smooth, then add pimientoes cut into small pieces. Spread between buttered slices of graham bread.

Sufficient for twenty-five sandwiches.

Rice Sandwiches

1 tablespoonful Crisco
½ cupful rice
1 sprig parsley
1 blade mace
1 strip lemon peel
2 tablespoonfuls chopped cooked liver
2 tablespoonfuls chopped cooked ham
Salt and pepper to taste
Bread

Boil rice in plenty of boiling salted water, add parsley, mace, and lemon peel. When quite tender strain off water, take out parsley, mace, and lemon, and stir into the rice, liver, Crisco, ham, and seasonings. Cut an even number of slices of bread, spread mixture when cold on one-half, and cover with remaining slices of bread. Trim and cut into diamond shapes.

Sufficient for twenty sandwiches.

Sardine Sandwiches

2 tablespoonfuls melted Crisco
1 dozen sardines
1 tablespoonful whipped cream
1 tomato
Salt, pepper, and paprika to taste
Lettuce leaves
Slices of brown or white bread

Bone and skin the sardines, then rub through sieve, add cream, Crisco, pulp of tomato and seasonings and mix well. Spread mixture between slices of brown or white bread and butter, stamp out in rounds, in center of each round force a row of whipped cream seasoned with salt and red pepper, place small stamped out leaves of lettuce round the cream.

Sufficient for twelve sandwiches.

Tomato Sandwiches

2 tablespoonfuls Crisco
1 cupful water
½ cupful vinegar
2 eggs well beaten
1 teaspoonful salt
1 teaspoonful mustard
1 tablespoonful flour
1½ tablespoonfuls sugar
Few grains red pepper
Firm ripe tomatoes
Bread
Whipped cream

Mix sugar, flour, salt, mustard and red pepper together, add eggs, vinegar, Crisco, and water and cook in double boiler until thick, stirring all the time. To every tablespoonful of dressing add equal quantity of whipped cream. Skin and slice tomatoes very thin, dip slices into dressing and place between thin slices of buttered bread. Cut into finger shaped pieces.

Sufficient for thirty sandwiches.

Tomato and Horseradish Sandwiches

1 tablespoonful Crisco
¼ cupful grated horseradish
1 tomato
Bread
¼ cupful mayonnaise
Salt and paprika to taste
Parsley

Mix Crisco, horseradish, and mayonnaise together. Skin and slice tomato, sprinkle with salt and paprika. Spread thin slices of bread and butter with Crisco mixture, and put sliced tomato between, cut into fancy shapes and garnish with parsley.

Sufficient for ten sandwiches.

PASTRIES

THERE are two principal divisions, within which all varieties may be included, viz:

1. Short or plain pastries.
2. Flaky pastries.

Of these, the former includes all pastes in which the fat is mixed evenly with the dough throughout; the latter, those in which, by one means or another, the two are arranged in alternate layers. The short pastes are the simplest, and for this reason should be experimented on to begin with. With pastry, a good deal always depends on the mixing. The best way is to measure out the average quantity of liquid, to pour about three-quarters of this gradually into the flour, at the same time stirring this briskly with a knife, so as to get it evenly moistened, and then add, in very small quantities at a time, as much more water as may be needed. To see, in this way, when the flour has been moistened enough, is easy. By the time the first three parts of water have been put in, most of it will have stuck together in little separate rolls; if on pressing these they should not only cling together, but readily collect about them whatever loose flour there may be, sufficient moisture will have been added; but so long as the mixture, when pressed, remains to some degree crumbly, it is a sign that a little more water is required. When done, the paste should stick together, but should not adhere either to the hands or to the basin. If it does this it is too wet, and more flour must be dusted over it and kneaded in till the surplus moisture has been absorbed. A sure sign of its having been mixed properly is when it can be rolled into a lump, and the basin wiped out cleanly with it, as with a cloth. To roll out, flour the pastry board slightly, lay the dough on it, and form it into a neat, flat oblong shape.

Press it out first a little with the roller, and then roll with short, quick strokes to the thickness required. Always roll straight forwards, neither sideways nor obliquely. If the paste wants widening, alter its position, not the direction of the rolling. At the beginning of each stroke, bring the roller rather sharply down, so as to drive out the paste in front of it, and take especial care in rolling to stop always just short of the edges. Short pastry differs from the flaky pastries in requiring but one rolling out.

It should be handled and rolled as little as possible and when carefully made it should not be in the least leathery or tough. Air in this method is mixed equally throughout the paste, and when it expands in the oven raises the paste in all directions. The flakiness of pastry depends upon the kind and amount of shortening used. Crisco makes tenderer crust than either lard or butter. Make pastry in a cool atmosphere and on a cool surface. The lightness of pastry depends largely upon the light handling in blending the Crisco with the flour and in the rolling of the pastry upon the board. The best results are obtained by cutting the Crisco into the flour with a knife.

If pastry contains baking powder it should be put into the oven as quickly as possible, but if it contains a liberal supply of Crisco without baking powder, it improves by being set aside in a cool place a few hours. Pastry that is light, dry and flaky, is separated more easily by the gastric fluids than that which is heavy. The flour must be of good quality, fine and dry. All pastry requires to be placed in a hot oven, slightly hotter for flaky than short crust. The oven should register from 310° F. to 340° F. The great heat quickly will cause the starch grains to burst and absorb the fat, otherwise the pastry will be heavy.

In making flaky pastry, if it has been rolled and folded properly, and not allowed to stick to the board, nor cut so that air can pass through layers, this air when heated in the oven expands and raises the paste in layers or puffs. Heat of oven must be great enough to fix the pastry in this raised condition, and as cold air prevents this, the oven door must not be opened too soon, or any more than necessary. See that the oven is clean.

Plain Crisco Pastry

1½ cupfuls flour
½ cupful Crisco
½ teaspoonful salt
Cold water

Sift flour and salt and cut Crisco into flour with knife until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly with hand into dough; roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling-pin, and roll from center outward.

Sufficient for one small pie.

The New Crisco Pastry

2 cupfuls flour
¾ cupful Crisco
1 egg
1 tablespoonful lemon juice
Sufficient cold water to hold mixture together
¾ teaspoonful salt

Sift flour and salt into basin. Flour blade of knife, and chop Crisco into flour, being careful to keep flour between blade of knife and shortening. When mixture looks like meal, add gradually, egg well beaten and mixed with lemon juice. Roll pastry into ball with knife. May be used at once, but will be improved if allowed to stand in cool place for one hour. Should be rolled out once and handled as lightly as possible. May be used for sweet or savory dishes. Bake in hot oven. The purpose of the addition of lemon is to render gluten of flour more ductile, so that it will stretch rather than break as paste is rolled out, or as it rises in oven.

Sufficient for two pies.

Tip Top Pastry

½ teaspoonful salt
1½ teaspoonfuls baking powder
2¼ cupfuls flour
½ cupful Crisco
Cold water
1 teaspoonful lemon juice

Sift and mix together flour, salt, and baking powder. Rub in Crisco with finger tips. Chill two hours. Then take out ½ cupful, and to remainder add lemon juice and cold water gradually to make stiff paste. Knead lightly and roll into long narrow strip. Sprinkle dough with half of reserved mixture and fold so as to make 3 layers. Turn half way round, roll again into strip, sprinkle with rest of mixture and fold as before. Roll and fold twice more, and pastry is ready for use for cakes, puddings, or pies.

Sufficient for two pies.

Cornstarch Pastry

1¼ cupfuls cornstarch
1¼ cupfuls flour
2 tablespoonfuls sugar
½ cupful Crisco
½ teaspoonful salt
1 teaspoonful baking powder
1 yolk of egg
Milk to mix

Rub Crisco lightly into cornstarch and flour, add salt, sugar, baking powder, beaten yolk of egg, and sufficient milk to mix to stiff paste. Roll out lightly and use for tartlets or one crust pie.

Sufficient for two large pies.

Double Pie

Top Layer

1 cupful sugar
1 cupful sweet milk
2 eggs
2 cupfuls flour
½ cupful Crisco
2 teaspoonfuls baking powder
½ teaspoonful salt

Under Layer

1 cupful molasses
1 cupful brown sugar
1 pint hot water
Plain Crisco Pastry.
1 lemon
1 egg
2 tablespoonfuls flour

Line large pie plate with pastry.

For under layer. Mix sugar with flour, add molasses, egg well beaten, grated lemon rind, and hot water, and pour into prepared pie plate.

For top layer. Cream Crisco and sugar together, add eggs well beaten, milk, salt, flour, and baking powder. Spread mixture over under layer and bake in hot oven thirty-five minutes.

Sufficient for two large pies.

Almond Layer Pie

For Pastry

2 cupfuls flour
7 tablespoonfuls Crisco
½ teaspoonful salt
Water

For Filling

6 tablespoonfuls Crisco
¾ cupful sugar
1 lemon
3 eggs
½ cupful blanched powdered almonds
¼ teaspoonful salt

Make short crust of Crisco, flour, salt, and water. Roll out thin and line Criscoed pie plate with piece of paste.

For filling. Cream Crisco and sugar together, add eggs well beaten, almonds, salt, grated rind and one tablespoonful lemon juice. Mix well and spread one-half of mixture on to pastry. Then cover with a layer of pastry, the rest of mixture, and lastly cover with pastry. Bake in a moderate oven until brown. Or the pastry may be rolled out, brushed over with melted Crisco, the mixture spread over it, and rolled up to form a roly-poly. Lay on a Criscoed tin and bake in moderate oven until brown.

Sufficient for one large pie.

Flake Pastry No. 1

2 cupfuls flour
8 tablespoonfuls Crisco
¾ teaspoonful salt
Just enough cold water to hold dough together

Sift flour and salt and cut half the Crisco into flour with knife until it is finely divided. The finger tips may be used to finish blending materials.

Then add water sparingly, mixing it with knife through dry materials. Form with the hand into dough and roll out on a floured board to quarter inch thickness. Spread one-third of remaining Crisco on two-thirds of dough nearest you; fold twice, to make three layers, folding in first that part on which Crisco has not been spread. Turn dough, putting folded edges to the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling rolling-pin, and roll from center outward. Should Crisco be too hard, it will not mix readily with flour, in which case the result will be a tough crust.

Sufficient for two covered pies.

Flake Pastry No. 2

½ teaspoonful salt
2 cupfuls flour
½ cupful Crisco
Cold water

Mix salt with flour; divide Crisco into four equal parts, rub in one of these only, and then mix to stiff paste with a little cold water. Shape into neat oblong piece, and roll into straight strip about three times as long as it is broad. All over this put on, with the point of knife, one of remaining quarters of Crisco, distributing it evenly in little dabs about size of a pea, so that they look like buttons on a card. Now flour surface lightly and fold paste exactly in three by taking hold of the two bottom corners and doubling them upwards from you and then of the top corners and doubling them downwards towards you. Turn now at right angles to its former position so as to have open ends pointing towards you. Press these quickly together with the roller to inclose some air, and press paste across also in two or three places, making little ridges, thus preventing air which has been shut in, from forming into large bubble. Roll out again, and repeat till remaining two parts of Crisco have thus been used. At the last rolling, bring to required thickness; and if it needs widening as well as lengthening, turn it at right angles to its former position, and roll straight across it as before, a rule which, with flaky pastry, should always be observed, since, unlike the short pastries, its lightness suffers if rolled obliquely to the direction in which it has been folded.

Sufficient for two small pies.

Puff Pastry

1 teaspoonful salt
1 cupful Crisco
2 cupfuls flour
1 yolk of egg
2 teaspoonfuls lemon juice
Cold water

Measure Crisco and set in cold place to chill it. Sift flour and salt into basin, and add lemon juice. Take a quarter of the Crisco, and rub it lightly into flour with finger tips until there are no lumps left. Beat yolk of egg and add a little cold water, then add them to the flour, making them into a stiffish dough. Turn this on to floured board, and work well with hands until it will no longer stick to fingers and forms a perfectly smooth dough. Form into oblong piece and roll out to about half inch thickness. The Crisco to be used should be as nearly as possible of same consistency as the paste.

Form it into neat flat cake, and place in center of pastry. Fold up rather loosely, and flat the folds with rolling-pin. Place in refrigerator for ten minutes. Then roll out pastry into long narrow strip, being careful

that Crisco does not get through. Fold exactly in three, press down folds, and lay aside in cool place or in refrigerator fifteen minutes. This is called giving the pastry one "turn" and seven of these is the number required for this pastry. The next time the pastry is rolled, place it with the joins at your right hand side, and open ends towards you. Give two "turns" this time, and again set aside in cool place for at least fifteen minutes. Repeat this until pastry has had seven rolls in all. The object of the cooling between the rolls is to keep Crisco and flour in distinct and separate layers, in which it is the function of the rolling-pin and folding to arrange them, and on which the lightness of the pastry depends.

When rolling, keep the pressure of the two hands as equal as possible. If the pastry becomes rounded, it shows that there is more pressure being done on the rounded side than the other. After it has received its last roll, it is better to be laid aside before using, then rolled to the thickness required.

Sufficient for two pies.

Rough Puff Pastry

2 cupfuls flour
½ cupful Crisco, generous measure
½ teaspoonful salt
1 teaspoonful lemon juice
1 egg
Cold water

Have Crisco cold and firm. Sift flour and salt into basin, add Crisco and cut into pieces one inch square. Beat up egg, add lemon juice and a very little cold water, then add them gradually into other ingredients making them into a stiff paste. Roll in a long piece on floured board, fold in three, turn rough edges toward you and roll out again, continuing this for five times. Place in refrigerator or in cool place ten minutes between each rolling. This pastry may be used at once for all kinds of sweet or savory pies, but it is improved by standing for a few hours in a cool place. Bake in hot oven. Sufficient for two covered pies.

German Paste

5 cupfuls flour
1½ cupfuls Crisco
⅓ cupful ground almonds
1 cupful sugar
2 eggs
2 yolks of eggs
1½ teaspoonfuls salt
Water

Sift flour and almonds into basin, rub Crisco into them, add salt, sugar, eggs well beaten and water to make stiff paste. Leave in cool place two hours, then roll out and use for pies and tartlets.

Sufficient for four pies.

Hot Water Paste

1 cupful flour
4 tablespoonfuls Crisco
⅓ teaspoonful salt
¼ teaspoonful baking powder
3 tablespoonfuls boiling water

Sift flour, salt and baking powder into basin, rub Crisco lightly into them, then stir in boiling water. Cool paste before using, or it will be too sticky to handle.

Sufficient for one pie.

Butterscotch Pie

1 egg
1 cupful dark brown sugar
1 cupful milk
3 tablespoonfuls flour
2 tablespoonfuls Crisco
3 tablespoonfuls water
¼ teaspoonful salt
1 tablespoonful powdered sugar
1 baked crust
1 teaspoonful vanilla extract

Put yolk of egg into saucepan, add brown sugar, flour, milk, water, Crisco, salt, and vanilla. Stir over fire until it thickens and comes to boiling point. Pour into baked pie shell. Beat up white of egg, then beat powdered sugar into it. Spread on top of pie and brown lightly in oven.

Sufficient for one pie.

Rhubarb Custard Pie

1 cupful cut rhubarb
1 cupful sugar
1 tablespoonful flour
1 tablespoonful melted Crisco
2 eggs
½ teaspoonful ginger extract
1 cupful milk
Crisco pastry

Cut rhubarb in small pieces and mix with sugar and flour. Beat egg yolks, add milk, ginger extract, and melted Crisco. Line pie plate with pastry, and fill with rhubarb mixture. Pour custard over and bake in moderate oven until firm. Cover with meringue made with stiffly beaten whites of eggs to which two tablespoonfuls powdered sugar have been added.

Sufficient for one small pie.

Sugar Paste for Tartlets

1 cupful sugar
4 cupfuls flour
½ cupful Crisco, generous measure
½ teaspoonful salt
3 eggs
1 lemon

Sift flour on to baking board, make hole in center, and put in grated lemon rind, salt, sugar, eggs, and Crisco. Mix the whole to a stiff pastry. This paste is used for the bottom layer of pies and to line tartlet tins of various kinds. It is excellent for turnovers. Sufficient for thirty tartlets.

Currant Tartlets

⅓ cupful currants
3 tablespoonfuls ground rice
2 whites of eggs
4 tablespoonfuls Crisco
¾ cupful sponge cake crumbs
4 tablespoonfuls sugar
2 tablespoonfuls chopped candied orange peel
½ teaspoonful lemon extract
Pinch of salt
Crisco pastry
1 tablespoonful cream

Cream Crisco and sugar together, add ground rice, crumbs, peel, currants, cream, salt, lemon extract, and whites of eggs well beaten. Roll out paste, cut into rounds, line some Criscoed tartlet tins with rounds, put in each a tablespoonful of the mixture. Bake tartlets in moderate oven from twelve to fifteen minutes. Or, these tartlets may be covered with frosting, and a little chopped cocoanut sprinkled over tops.

Sufficient for nine tartlets.

Bartemian Tarts

1 cupful sugar
1 lemon
¼ lb. chopped candied citron peel
Crisco flake pastry
1 egg
1 cupful raisins
1 tablespoonful melted Crisco
¼ teaspoonful salt

Roll pastry thin and cut out large cakes of it. Beat egg, add sugar, Crisco, rind and strained juice of lemon, salt, citron, and raisins. Mix and put tablespoonful of mixture on each of pastry cakes, wet edges of paste and fold like old fashioned turn over. Do not stick with fork or juice will run out. Lay turn overs on Criscoed tins and bake in hot oven from twelve to fifteen minutes.

Sufficient for twelve tarts.

Apricot Tarts

2 cupfuls flour
½ cupful Crisco
4 tablespoonfuls sugar
½ teaspoonful salt
1 egg
2 teaspoonfuls vanilla extract
1 teaspoonful baking powder
Apricot jam or jelly
Whipped cream
Angelica
Preserved cherries

Rub Crisco into flour, add salt, sugar, baking powder, break egg in and mix well with fork, then add vanilla. Roll out, cut with cutter and line Criscoed tartlet tins with the rounds. Line with paper and put in some rice or peas to keep paste from rising; bake in hot oven twenty minutes. Remove rice and papers. When pastries are cold put in each one a spoonful of the jam or jelly. Fill with whipped cream and decorate with cherries and angelica.

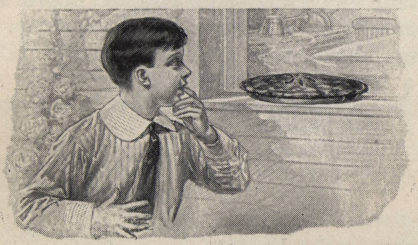
Sufficient for thirty tarts.

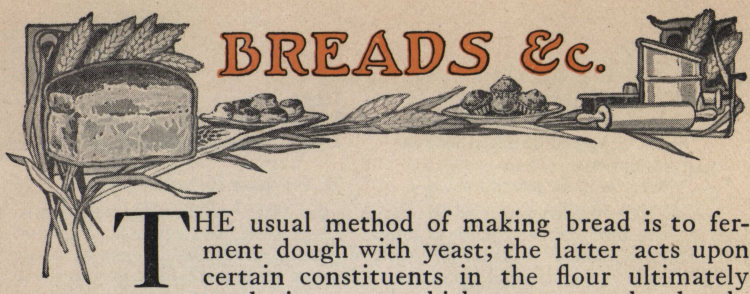
Bakewell Tartlets

4 tablespoonfuls sugar
2 eggs
4 tablespoonfuls Crisco
1 cupful flour
½ teaspoonful baking powder
¼ teaspoonful salt
½ teaspoonful lemon extract
Preserves
Pastry

Cream Crisco and sugar, then add eggs well beaten, flour, salt, baking powder, and extract. Line twelve tartlet tins with pastry, put teaspoonful of preserves in each, then divide mixture into them, and bake in moderately hot oven twenty minutes.

Sufficient for twelve tartlets.

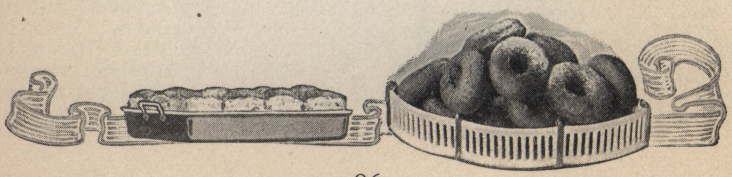




THE usual method of making bread is to ferment dough with yeast; the latter acts upon certain constituents in the flour ultimately producing a gas which permeates the dough. The dough is placed in a very hot oven, the heat kills the yeast plant, the gas expands with the heat, still raising the dough. The loaf is set in shape, and, when finally cooked and the gas all escaped, will be found to be light and full of tiny holes. Certain factors hasten or delay these changes. A moist, warm medium being most favorable to the growth of the yeast, the water should just be lukewarm; then a good flour, containing about 8 per cent of gluten is necessary. This gluten is the proteid in flour; when well mixed with water it forms a viscid elastic substance, hence it is necessary to well knead dough to make it more springy, so that when the gas is generated in it, it will expand and take the form of a sponge, and thus prevent the gas from escaping. The bread must be put into a very hot oven at first, 340° F., so that the yeast plant is killed quickly. If this be not accomplished soon, the loaf may go on spreading in the oven, and, if not sour in taste, will not be of such a good flavor.

Plenty of salt in dough is said to strengthen the gluten, give a good flavor to the bread, and keep it moist for a longer time, but it rather retards the working of the yeast. Flour also may be made into a light loaf by using baking powder to produce the gas. This is a much quicker process, but the bread is not liked so universally as when made with yeast. For, when yeast is used, other changes take place in the dough besides the production of the gas, that seem to give bread the characteristic flavor constantly welcome by the palate. Good flour has a slight pure smell, free from any moldy odor.

Yeast is a fungoid growth, a microscropic plant capable of starting a fermentation in various substances. It grows



rapidly in a favorable medium, as when mixed with flour and water, and kept in a warm place, resulting in setting up fermentation. Baking powders are composed of an acid and an alkali. Some kind of flour usually is added to keep them dry and free from lumps. When the mixture containing the baking powder is moistened the acid and the alkali chemically combine and alter, a gas being generated. If the articles be placed soon in great heat, the gas is warmed, expands, and in its endeavor to escape raises the mass. The heat sets the mixture in this raised condition, thus the cake or pudding is rendered light, easier to masticate and digest.

Baking powders are used for two reasons. First. To supply a gas to take the place of ingredients, as when used in making bread, buns, etc. If flour, salt and water were mixed and baked in a large loaf, it would be a hard, indigestible mass. If baking powder be mixed in with similar ingredients and baked, the result would be a light loaf, easy to masticate and digest.

Second. It is used to save labor. When a richer mixture be made it requires to be well beaten to mix in air. Baking powder often is added to save some of the otherwise necessary beating.

Baking Powder Biscuits

2 cupfuls flour
2 tablespoonfuls Crisco
*2 teaspoonfuls baking powder
1 teaspoonful salt
Milk

Mix and sift twice dry ingredients. Work in Crisco with finger tips, add gradually milk, mixing with knife to soft dough. Toss on floured board; pat and roll to one-half inch thickness. Shape with biscuit cutter. Place on Criscoed tin and bake in hot oven twelve minutes. To have good biscuits dough should be handled as little as possible, just enough to get in shape to cut. Milk or water used for mixing should be very cold, and biscuits should be gotten into oven at once after adding liquid to flour. If top of each biscuit is lightly brushed over with melted Crisco before baking, crust will be much nicer. Sufficient for fifteen biscuits.

*Amount of baking powder may be increased if especially raised biscuits are desired. 2 teaspoonfuls, however, is most healthful amount.

Best Jumbles

2 cupfuls sugar
1 cupful Crisco
4 eggs
4 cupfuls flour
3 tablespoonfuls milk
1 teaspoonful salt
3 teaspoonfuls baking powder
1 teaspoonful almond extract
1 teaspoonful rose extract

Cream Crisco and sugar thoroughly together, then gradually add eggs well beaten, now add milk, extracts, flour, salt and baking powder. Mix

and roll out lightly on floured baking board; cut into circles with doughnut cutter, lay on Criscoed tins and bake in moderate oven from seven to ten minutes or till light brown. These cookies will keep fresh two weeks, and if milk is left out, a month.

Sufficient for seventy jumbles.

Boston Brown Bread

1 cupful ryemeal
2 tablespoonfuls Crisco
1 cupful sugar
1 cupful cornmeal
1 cupful graham flour
¾ tablespoonful baking soda
⅓ teaspoonful salt
¾ cupful molasses
1¾ cupfuls sweet milk

Mix and sift ingredients. Dissolve soda with one tablespoonful hot water, add to molasses, then add milk and mix with dry ingredients. Turn into greased mold two-thirds full, grease cover, and steam steadily three and a half hours. A 6-pound Crisco pail can be used for a mold.

Sufficient for one loaf.

Bran Gems

½ cupful bran
2 tablespoonfuls Crisco
1 tablespoonful whole wheat flour
½ cupful white flour
½ cupful milk
1 saltspoonful salt
1 egg
2 tablespoonfuls molasses
1 teaspoonful baking powder

Mix Crisco thoroughly with molasses, add egg well beaten, milk, salt, bran, flours, and baking powder. Divide into well greased gem pans, and bake in hot oven from eight to ten minutes. These gems are excellent for constipation.

Sufficient for eight gems.

Brown Nut Bread

4 tablespoonfuls melted Crisco
2 eggs
1 cupful sugar
1 cupful sour milk
⅔ cupful New Orleans molasses
1½ cupfuls flour
1½ cupfuls graham flour
½ teaspoonful salt
1 teaspoonful baking soda
1 cupful sultana raisins
1 cupful chopped nut meats

Beat eggs and sugar together for five minutes, then add molasses, soda mixed with milk, salt, flours, raisins, and nuts. Mix and turn into Criscoed and floured cake tin and bake in slow oven one and a quarter hours.

Sufficient for one medium-sized loaf.

Buttermilk Biscuits

1 quart flour
2 tablespoonfuls Crisco
1 tablespoonful sugar
1 teaspoonful salt
1 teaspoonful baking soda
1 teaspoonful baking powder
1 egg
¾ pint buttermilk

Sift flour, baking powder, salt, and sugar together, then rub in Crisco with finger tips, add egg well beaten, and soda mixed with milk. Dough

should be soft and little more milk can be added if needed. Roll out lightly and handle as little as possible. Cut with biscuit cutter, lay on Criscoed tins and bake in hot oven ten minutes.

Sufficient for thirty biscuits.

Chocolate Brownies

1 cupful sugar
6 tablespoonfuls melted Crisco
2 eggs
2 squares chocolate
⅓ teaspoonful salt
½ cupful flour
1 cupful chopped English walnut meats
1 teaspoonful vanilla extract
3 tablespoonfuls boiling water

Cream Crisco and sugar together, add eggs well beaten, chocolate dissolved in boiling water, salt, flour, vanilla, and nuts. Divide and spread thin in 2 Criscoed square pans and bake in slow oven from twenty to twenty-five minutes. Cut in strips and serve with ice cream. These are a cross between cookies and heavy cake.

Sufficient for fifty brownies.

Chocolate Wafers

1 cupful sugar
5 tablespoonfuls Crisco
2 cupfuls flour
¼ cake chocolate
2 eggs
¼ teaspoonful baking soda
½ teaspoonful vanilla extract
¼ teaspoonful salt

Cream Crisco and sugar together, add chocolate melted, eggs well beaten, vanilla extract, flour, salt, and soda. Mix and turn out on to floured baking board. Roll out thin, and cut with small cutter. Lay on Criscoed tin and bake from seven to ten minutes in moderate oven.

Sufficient for forty-six wafers.

Citron Buns

1 yeast cake
6 tablespoonfuls sugar
¾ cupful Crisco
½ cupful raisins
¼ cupful chopped citron peel
1 teaspoonful lemon extract
1 cupful scalded milk
1 egg
5½ cupfuls flour
¼ cupful lukewarm water
1 teaspoonful salt

Scald milk, add half of sugar and salt; when lukewarm add yeast dissolved in water and 1½ cupfuls flour. Mix, cover, and let rise till light; then add Crisco, remainder of sugar and flour, raisins, peel, and extract. Knead lightly, cover, and let rise. Divide into small pieces, let rise on greased tins, brush over with beaten egg and bake in hot oven twenty minutes.

Sufficient for twenty-two buns.

Coffee Bread

¾ cupful milk
½ cupful melted Crisco
½ cake compressed yeast
1 teaspoonful salt
2 eggs
1 cupful sugar
1 teaspoonful lemon extract
¼ cupful chopped English walnut meats
Flour

Heat milk slightly, then add flour to make batter and yeast dissolved in little lukewarm water. Allow to rise until light, then add Crisco, eggs

well beaten, sugar, lemon, salt, and enough flour to make stiff dough. Knead ten minutes and let rise until light. Place in Criscoed pan and let rise again. Spread with melted Crisco and sprinkle with sugar, cinnamon and nuts. Bake in hot oven half an hour.

Sufficient for one large loaf.

Columbia Muffins

3 tablespoonfuls sugar
3 tablespoonfuls Crisco
1 egg
1½ cupfuls milk
1 teaspoonful salt
3½ teaspoonfuls baking powder
3½ cupfuls sifted flour

Sift flour, salt, and baking powder together. Cream Crisco and sugar, add egg well beaten, then milk and flour mixture. Divide into Criscoed and floured gem pans and bake twenty-five minutes in hot oven.

Sufficient for twenty muffins.

Corn Bread

1 cupful cornmeal
2 tablespoonfuls melted Crisco
1 cupful flour
½ cupful sugar
1 cupful sour cream
2 eggs
½ teaspoonful baking soda
½ teaspoonful salt

Mix cornmeal with flour, sugar, salt, Crisco, eggs well beaten, and soda mixed with cream. Mix well and turn into Criscoed tin and bake in moderate oven thirty minutes.

Sufficient for one small pan of corn bread.

Cornmeal Rolls

1¼ cupfuls flour
2 tablespoonfuls Crisco
1 egg
½ cupful milk
1 tablespoonful sugar
½ teaspoonful salt
¾ cupful cornmeal
4 teaspoonfuls baking powder

Sift together flour, cornmeal, salt, baking powder, and sugar. Rub in Crisco with finger tips, then add egg well beaten and milk. Roll out, cut into rounds with a large cutter, brush over with melted Crisco, fold over as for Parkerhouse rolls, brush tops with beaten egg or milk and bake in hot oven ten minutes.

Sufficient for fifteen rolls.

Cream Scones

2 cupfuls flour
4 tablespoonfuls Crisco
3 teaspoonfuls baking powder
2 teaspoonfuls sugar
½ teaspoonful salt
2 eggs
⅓ cupful cream
1 white of egg

Mix and sift flour, salt, sugar, and baking powder. Rub in Crisco with finger tips, add eggs well beaten and cream. Knead dough lightly on floured baking board, divide into four equal pieces, make smooth and roll out,

and cut into 4 small scones. Lay them on hot griddle, brush over with beaten white of egg and fry slowly on both sides. The dough should always be lightly handled.

Sufficient for sixteen scones.

Crisco Brownies

⅓ cupful sugar
⅓ cupful Crisco
⅓ cupful molasses
2 eggs
1 cupful flour
1 cupful chopped nut meats
¼ teaspoonful salt
½ teaspoonful vanilla extract

Cream Crisco and sugar together, add eggs well beaten, molasses, extract, flour, salt and nuts. Divide into small fancy Criscoed tins, or bake in Criscoed sheet tin and cut in squares. Bake in moderate oven half hour. These are a cross between cake and candy.

Sufficient for twelve squares.

Crisco Batter Cakes

3 eggs
½ cupful melted Crisco
1 cupful flour
1 cupful buttermilk
½ teaspoonful baking soda
1 teaspoonful baking powder
½ teaspoonful salt

Beat up yolks of eggs, add milk, Crisco, and flour mixed with salt, soda, and baking powder and beat till smooth. Fold in whites beaten to a stiff froth. Drop in large spoonfuls on ungreased skillet or griddle. Serve hot with butter or maple syrup.

Sufficient for fifteen cakes.

Crisco Milk Bread

3 tablespoonfuls sugar
3 tablespoonfuls melted Crisco
2 tablespoonfuls salt
1 yeast cake
1 quart milk
About 7 pints flour

Mix yeast cake with 1 tablespoonful sugar. Heat milk, add remainder of sugar, Crisco, and salt. Cool and add yeast and flour to make stiff dough. Turn out on floured baking board, cut in three pieces, knead first one piece, then others, stretching dough; let rise over night or in warm temperature five hours. Knead lightly and divide into Criscoed pans. Allow to rise and bake in moderate oven one hour. From same dough, French bread, breadsticks, horse shoe rolls and French rolls can be made.

Sufficient for three loaves.

Dessert Biscuits

1 cupful confectioners' sugar
1 cupful Crisco
1 cupful flour
5 whites of eggs
½ teaspoonful vanilla extract
1 teaspoonful salt

Cream Crisco and gradually add sugar, mix thoroughly, and incorporate, one by one, whites of eggs. Now add flour, salt, and vanilla. Mix well, then place in small, long heaps on a Criscoed tin. Bake in cool oven to pale brown color.

Sufficient for sixty biscuits.

Entire Wheat Bread

1¼ cupfuls boiling water
2 tablespoonfuls Crisco
1¼ cupfuls milk
2 teaspoonfuls salt
2 tablespoonfuls sugar
1 yeast cake
¼ cupful tepid water
Whole wheat flour

Mix boiling water, milk, sugar, salt, and Crisco together. Add yeast cake dissolved in tepid water, with 3½ cupfuls whole wheat flour. Mix and let stand until light. Add more flour until soft dough is formed, then knead and divide into two loaves. Place in Criscoed tins and let stand until the dough doubles its bulk. Brush over with milk and bake in moderate oven one and a half hours.

Sufficient for two small loaves.

Excellent Graham Bread

2 cupfuls graham flour
4 tablespoonfuls melted Crisco
½ cupful flour
1 teaspoonful baking powder
1½ cupfuls sour milk
¼ cupful sugar
½ teaspoonful salt
1 teaspoonful baking soda

Sift flours with baking powder, salt, sugar, and soda, then add Crisco and milk. Mix and turn into greased and floured cake tin and bake in moderate oven fifty minutes.

Sufficient for one small loaf.

Filled Cookies

1 egg
1 cupful sugar
½ cupful Crisco
½ cupful milk or cream
1 teaspoonful vanilla extract
1 teaspoonful baking soda
2 teaspoonfuls baking powder
3½ cupfuls flour
½ teaspoonful salt

For Filling

1 cupful chopped raisins
1 tablespoonful flour
½ cupful sugar
½ cupful water
½ cupful chopped walnut meats

For cookies. Cream Crisco and sugar, add salt, egg well beaten, milk, vanilla, and flour sifted with baking powder and soda. Mix and turn out on floured baking board. Dough should be soft. Roll very thin and cut out with cooky cutter. Spread one-half of cookies with filling, then place remaining cookies on top and press edges together. Place on Criscoed tins and bake in moderately hot oven fifteen minutes.

For filling. Mix sugar and flour in saucepan, add raisins, nuts, and water, stir and cook until thick. Cool before using.

Fried Cornmeal Nut Cakes

2 cupfuls yellow cornmeal
2 tablespoonfuls melted Crisco
3 cupfuls boiling water
1 teaspoonful salt
1 egg
½ cupful chopped nut meats

Bring water and salt to boil, stir in cornmeal, add nut meats, and stir and cook ten minutes. Remove from fire and add egg well beaten, and

melted Crisco. Turn into Criscoed tin and cool. When cold, slice and fry in hot Crisco. Serve with honey or maple syrup.

Sufficient for six or eight slices.

Fried Cakes with Apple Sauce

1 cupful sugar
4 tablespoonfuls Crisco
3 cupfuls sour milk
¼ teaspoonful grated nutmeg
1 teaspoonful lemon extract
1 teaspoonful baking soda
1 teaspoonful baking powder
½ teaspoonful salt
Flour
Apple sauce

Cream Crisco, gradually add sugar, then add salt, nutmeg, lemon, soda, baking powder, sour milk and sufficient flour to make stiffish dough. Roll out on floured baking board, cut with large round cutter, and fry in hot Crisco until well cooked and nicely browned on both sides. Drain and serve with hot apple sauce.

Sufficient for twenty cakes.

Fruit Cookies

1 teaspoonful salt
2 cupfuls brown sugar
1 cupful Crisco
1 cupful chopped raisins
1 cupful chopped English walnut meats
3 eggs
1 teaspoonful powdered cinnamon
½ teaspoonful powdered allspice
1 teaspoonful powdered ginger
1½ teaspoonfuls baking soda
2 tablespoonfuls sour milk
Flour

Cream Crisco and sugar together, add salt, eggs well beaten, soda mixed with milk, spices, raisins, nuts, and enough flour to make stiff dough. About 5 cupfuls flour will be sufficient. Roll out, cut with cooky cutter, lay on Criscoed tins and bake in moderate oven from ten to twelve minutes.

Sufficient for sixty cookies.

Fruit Drop Cakes

1 cupful sugar
½ cupful Crisco
2 cupfuls flour
2 teaspoonfuls baking powder
1 teaspoonful salt
4 tablespoonfuls currants
4 tablespoonfuls chopped nut meats
2 tablespoonfuls chopped candied citron peel
3 eggs
⅔ cupful milk
1 teaspoonful vanilla extract

Cream Crisco and sugar together, add yolks of eggs well beaten. Beat whites stiffly and add alternately with milk. Add sifted flour, baking powder and salt, then fruits, nuts and extract. Divide mixture into Criscoed and floured gem pans, and bake twenty minutes in moderate oven.

Sufficient for eighteen drop cakes.

Fruit Rolls

1 cupful milk
1 yeast cake
¼ cupful lukewarm water
¼ cupful sugar
¼ cupful melted Crisco
2 teaspoonfuls salt
2 eggs
½ cupful chopped cocoanut
⅛ lb. chopped candied citron peel
½ cupful chopped English walnut meats
½ cupful currants
½ cupful sultana raisins
½ teaspoonful powdered cinnamon
½ teaspoonful powdered mace
Flour

Scald milk, when lukewarm add yeast cake dissolved in tepid water and 1½ cupfuls flour, beat well, cover and let rise till light. Add sugar, salt, eggs well beaten, Crisco and enough flour to knead; knead, let rise again. Roll out one-eighth inch thick, spread with melted Crisco, sprinkle with sugar, cinnamon and mace, fruit and nuts; roll like jelly roll and cut in one inch pieces. Place pieces in Criscoed pan, let rise, brush over with melted Crisco, and bake in hot oven twenty minutes.

Sufficient for sixteen rolls.

Ginger Snaps

2 cupfuls molasses
1 cupful brown sugar
1 cupful Crisco
2 teaspoonfuls baking soda
2 teaspoonfuls powdered ginger
1 teaspoonful powdered mace
1 teaspoonful salt
2 tablespoonfuls boiling water
Flour

Cream Crisco and sugar together, add molasses, spices, salt, soda mixed with boiling water and sufficient flour to make stiff paste. Roll out thin, cut with small cutter, lay on Criscoed tins and bake in hot oven from five to seven minutes.

Sufficient for one hundred snaps.

Ginger Gems

1 cupful sugar
½ cupful Crisco
¾ cupful chopped preserved ginger
2 eggs
1 cupful milk
3 cupfuls flour
3 teaspoonfuls baking powder
½ teaspoonful salt

Cream Crisco and sugar together, then add eggs well beaten. Sift flour, baking powder, and salt together and add alternately with milk to first mixture. Now mix in ginger and divide mixture into Criscoed and floured gem pans and bake in hot oven twenty-five minutes.

Sufficient for sixteen gems.

Gluten Bread

2 cupfuls scalded milk
2 cupfuls boiling water
2 teaspoonfuls salt
1 egg
2 tablespoonfuls Crisco
¼ cupful warm water
½ yeast cake
3 cupfuls gluten flour

Mix Crisco, boiling water, milk, and salt. When lukewarm, add yeast cake dissolved in warm water, egg well beaten, and gluten. Let rise,

when risen and spongy beat well, add enough gluten to make a stiff dough and knead well. Allow to rise, shape in loaves, place in Criscoed bread pans, let rise, and bake for one hour in moderately hot oven.

Sufficient for two small loaves.

Golden Corn Muffins

1 cupful flour
2 tablespoonfuls Crisco
1 cupful yellow cornmeal
3 tablespoonfuls sugar
1 cupful milk
2 eggs
1 teaspoonful salt
3 teaspoonfuls baking powder

Cream Crisco and sugar thoroughly together, add eggs well beaten and milk. Then stir in slowly dry ingredients which have been sifted together three times. Divide into greased gem pans and bake in moderately hot oven twenty-five minutes.

Sufficient for twelve muffins.

Hominy Bread for Breakfast

3 cupfuls cooked hominy
2 tablespoonfuls melted Crisco
1½ cupfuls cornmeal
2 eggs
1 teaspoonful salt
2 teaspoonfuls baking powder
2 cupfuls milk

Beat eggs, add milk and hominy. Sift in cornmeal, add baking powder and salt; add Crisco. Beat all together three minutes. Pour into deep Criscoed pan and bake one hour in slow oven. Serve hot.

Sufficient for one large loaf.

Health Bread

2 cupfuls flour
3 tablespoonfuls melted Crisco
2 cupfuls whole wheat flour
2 cupfuls bran
1 teaspoonful salt
½ cupful sugar
1 egg
2 cupfuls milk
1 cupful molasses
1 cupful stoned chopped dates
2 teaspoonfuls baking soda
½ cupful hot water

Mix flours and bran together, add Crisco, salt, sugar, egg well beaten, milk, molasses, soda dissolved in boiling water, and dates. Mix well together and turn into two Criscoed and floured tins and bake in moderate oven one and a quarter hours. This bread is excellent for constipation.

Sufficient for two loaves.

Honey Doughnuts

3 eggs
½ cupful sugar
3 tablespoonfuls Crisco
1½ cupfuls honey
1 cupful sour milk
1 teaspoonful baking soda
1 teaspoonful cream of tartar
1 teaspoonful lemon extract
5¾ cupfuls flour
1 teaspoonful salt

Cream Crisco, honey and sugar well together, then add eggs well beaten, mix well, add milk, lemon extract, flour, salt, soda, and cream of

tartar. Mix and turn out on baking board, roll out and cut with doughnut cutter. Fry in plenty of hot Crisco. If a piece of bread browns in hot Crisco in sixty seconds, temperature is right for doughnuts and fritters.

Sufficient for sixty-five doughnuts.

Hot Cross Buns

¼ cupful sugar
3 tablespoonfuls Crisco
1 teaspoonful salt
¾ teaspoonful powdered cinnamon
1 teaspoonful powdered ginger
1 egg
½ yeast cake
Flour
¼ cupful chopped candied citron peel
½ cupful seeded raisins
1 cupful scalded milk
¼ cupful lukewarm water

Add Crisco, sugar, and salt to milk; when lukewarm, add yeast cake dissolved in water, spices, egg well beaten, and sufficient flour to make a stiff dough. Mix well, add raisins and peel, cover, and let rise over night. In morning divide into pieces and form into neat buns; place in Criscoed pan one inch apart, let rise, brush over with milk or beaten egg, and bake in moderately hot oven twenty-five minutes. Cool, and with ornamental frosting make a cross on each bun. The cross may be made by placing strips of paste on buns before they are baked.

Sufficient for twenty buns.

Imperial Muffins

½ cupful scalded milk
¼ cupful sugar
¼ cupful Crisco
1 teaspoonful salt
⅓ yeast cake
¾ cupful lukewarm water
1¾ cupfuls flour
1 cupful cornmeal

Add sugar and salt to milk; when lukewarm add yeast cake dissolved in ¼ cupful of the water, and 1¼ cupfuls flour, cover, and let rise until light, then add Crisco, cornmeal, remaining flour and water. Let rise over night, in morning fill Criscoed muffin rings, two-thirds full; let rise until rings are full and bake thirty minutes in hot oven.

Sufficient for twelve muffins.

Lemon Wafers

2 eggs
2 cupfuls sugar
2 cupfuls Crisco
2 cupfuls milk
5 cents baker's ammonia
5 cents oil of lemon
Flour to make stiff dough
2 teaspoonfuls salt

Cover ammonia with milk and let soak over night. Next morning add sugar, Crisco, salt, eggs well beaten, lemon and enough flour to make a stiff dough. Roll very thin, cut in squares or diamonds, lay on Criscoed tins and bake from five to seven minutes in hot oven.

Sufficient for one hundred and eighty-six wafers.

Lunch Rolls

1 yeast cake
1¼ cupfuls milk
2 tablespoonfuls sugar
2 tablespoonfuls Crisco
4 cupfuls flour
1 egg
1 teaspoonful salt

Scald and cool the milk, then add yeast and sugar. Now add Crisco and 2 cupfuls flour. Beat thoroughly, then add egg well beaten, remainder of flour and salt. Mix and turn out on floured board and knead lightly and thoroughly, using as little flour as possible. Place in greased bowl, cover and set aside in warm place to rise two hours. When light, form into small rounds, place one inch apart on greased pan. Allow to rise half an hour. Brush over with Crisco and bake in hot oven fifteen minutes.

Sufficient for twenty rolls.

Maple Cookies

1 egg
1 cupful sugar
3 tablespoonfuls Crisco
1 cupful sour cream
1 teaspoonful baking soda
3 tablespoonfuls hot water
½ teaspoonful salt
Flour
Maple sugar

Cream Crisco and sugar together, add egg well beaten, mix well, add cream, salt, soda dissolved in water, and sufficient flour to make of right consistency to drop from spoon. Grate some maple sugar on each cookie and bake in moderate oven eight minutes.

Sufficient for forty cookies.

Maryland Beaten Biscuits

4 cupfuls flour
½ cupful Crisco
1 teaspoonful salt
Milk
Water

Mix and sift flour and salt. Cut Crisco in with knife or work in lightly with finger tips. Mix a little milk and water together, chill thoroughly and add enough to dry ingredients to make stiff dough. Everything should be as cold as possible. Beat with rolling-pin until dough blisters. Roll to one-third inch in thickness and cut into small biscuits, prick in center and set in refrigerator an hour before baking. Place biscuits on Criscoed tins and bake in moderate oven thirty minutes. Biscuits may be baked in moderate gas oven and gas turned off when biscuits are golden brown. Allow biscuits to remain ten minutes in cooling oven to dry out.

Sufficient for sixty small biscuits, a fraction larger than a dollar.

Muffins

1 cupful scalded milk
2 tablespoonfuls Crisco
1 cupful boiling water
¼ cupful sugar
1½ teaspoonfuls salt
½ yeast cake
1 egg
4 cupfuls flour

Add Crisco, salt, and half of sugar to milk and water; when lukewarm add yeast mixed with remaining sugar, egg well beaten, and flour.

Beat thoroughly, cover, and let rise until light. Put greased muffin rings on hot griddle greased with Crisco. Fill half full with raised muffin mixture and cook slowly until well risen and browned underneath. Turn muffins and rings and brown other side. When muffins are cold, split open, toast, and serve with marmalade.

Sufficient for sixteen muffins.

Nut Doughnuts

1¼ cupfuls sugar
4 tablespoonfuls Crisco
1½ cupfuls milk
2 eggs
4 teaspoonfuls baking powder
1 cupful chopped English walnut meats
1 teaspoonful vanilla extract
1 teaspoonful lemon extract
½ teaspoonful salt
Flour to make soft dough

Cream Crisco and sugar together, add eggs well beaten, milk, salt, extracts, baking powder, nuts, and sufficient flour to make soft dough. Roll out, cut with cutter and fry in hot Crisco to a golden color. Drain and sift with sugar.

Sufficient for seventy-five doughnuts.

Oatmeal Cookies

1¼ cupfuls sugar
1 cupful Crisco
3 cupfuls rolled oats
2 eggs
½ cupful sour milk
1 teaspoonful powdered cinnamon
1 teaspoonful powdered ginger
1 cupful stoned chopped dates
1 teaspoonful baking soda
2 cupfuls flour
1 teaspoonful salt

Cream Crisco and sugar thoroughly together, add eggs well-beaten, rolled oats, dates, salt, spices, soda dissolved in milk, and flour. Mix and drop from spoon on Criscoed baking tins. Bake in moderate oven from ten to twelve minutes.

Sufficient for forty-five cookies.

Oven Scones

4 cupfuls flour
5 tablespoonfuls Crisco
1 tablespoonful sugar
½ teaspoonful salt
1 teaspoonful baking soda
2 teaspoonfuls cream of tartar
1 egg
Sweet milk

Rub Crisco finely into flour, add sugar, salt, soda, and cream of tartar. Beat egg, put half of it into cup, then with one-half and some sweet milk make other ingredients into soft dough. Knead very little on floured baking board, divide into five pieces, make them smooth and roll out, not too thinly, cut them into four small cakes. Lay them on a Criscoed tin, brush over with remaining egg and bake in hot oven ten minutes. A few currants or raisins may be added if liked.

Sufficient for twenty small scones.

Raised Doughnuts

1 cupful milk
¼ yeast cake
¼ cupful lukewarm water
1½ teaspoonfuls salt
1 cupful sugar
¼ cupful Crisco
2 eggs
1 teaspoonful grated nutmeg
Flour

Dissolve yeast cake in lukewarm water. Scald milk and cool, then add yeast, half teaspoonful of the salt and flour to make a drop batter. Set in a cosy place to rise. Cream Crisco with sugar, add eggs well beaten, remainder of salt and nutmeg, add to yeast mixture with enough flour to make stiff dough; let rise again. When risen, make into small balls and place in a Criscoed pan to rise. When light drop into plenty of hot Crisco and cook from four to five minutes until doughnuts are done. Drain on soft paper and dredge with powdered sugar.

Sufficient for seventy doughnuts.

Raisin and Buttermilk Bread

4 cupfuls flour
5 tablespoonfuls Crisco
1 teaspoonful salt
1 teaspoonful soda
2 teaspoonfuls cream of tartar
3 tablespoonfuls sugar
2 eggs
Buttermilk to make soft dough
1 cupful sultana raisins

Sift flour, salt, soda and cream of tartar into basin, rub in Crisco fine, add sugar, raisins, eggs well beaten, and sufficient buttermilk to make soft dough. Make into smooth mound, roll out, divide into four pieces, lay on greased tin and bake in moderate oven twenty-five minutes.

Sufficient to make four small loaves.

Rich Doughnuts

1 cupful sugar
5 tablespoonfuls Crisco
3 eggs
4 teaspoonfuls baking powder
1½ teaspoonfuls salt
1 cupful milk
1 teaspoonful grated nutmeg
Flour to make soft dough

From 4½ to 5 cupfuls flour sifted before measuring. Cream Crisco, add sugar gradually, and eggs well beaten. Sift dry ingredients and add alternately to egg mixture. Roll out as soft as can be handled. Cut with cutter and fry in hot Crisco. Heat Crisco until crumb of bread becomes golden brown in sixty seconds.

Sufficient for sixty doughnuts.

Rolled Oats Bread

2 cupfuls boiling water
2 tablespoonfuls Crisco
1 cupful rolled oats
½ cupful molasses
2 teaspoonfuls salt
½ yeast cake
½ cupful lukewarm water
Flour

Add boiling water to oats and allow to stand one hour; add molasses, salt, Crisco, yeast cake dissolved in lukewarm water, and flour to make

stiff dough; knead well, let rise, knead a very little, divide into two Criscoed bread pans, let rise again and bake forty minutes in moderate oven.

Sufficient for two small loaves.

Rose Leaves

1 cupful sugar
6 tablespoonfuls Crisco
2 eggs
¼ teaspoonful salt
1 teaspoonful rose extract
2 cupfuls flour

Cream Crisco, adding sugar gradually, then stir in eggs well beaten; add salt, extract, and flour. The dough should be soft. Now chill dough, then roll very thin, using sugar instead of flour, to dust rolling-pin and board. Cut out with small fancy cutter. Place on tins greased with Crisco and bake in moderate oven eight or ten minutes or until slightly browned.

Sufficient for fifty small cakes.

Rye Muffins

1 cupful flour
2 tablespoonfuls melted Crisco
1 cupful ryemeal
2 tablespoonfuls brown sugar
2 teaspoonfuls baking powder
1 egg
½ teaspoonful salt
1 cupful milk

Sift flour, meal, baking powder, and salt together. Beat egg and sugar together, then add them with milk and melted Crisco. Mix and divide into Criscoed gem pans and bake in moderate oven twelve minutes.

Sufficient for twelve muffins.

Savarin

1 yeast cake
4 tablespoonfuls sugar
½ cupful Crisco
5 tablespoonfuls lukewarm water
2 cupfuls flour
½ teaspoonful salt
3 eggs
2 tablespoonfuls chopped almonds
1 cupful whipped cream

For Syrup

¾ lb. lump sugar
3 cupfuls water
3 tablespoonfuls lemon juice

For cake. Put yeast cake into cup, add 1 tablespoonful sugar, 1 tablespoonful flour, and lukewarm water. Allow to rise ten minutes. Put flour into basin, add salt, remainder of sugar, almonds, yeast mixture, eggs well beaten, and Crisco melted and cooled. Beat ten minutes with wooden spoon. Turn into Criscoed tube mold. Allow to rise until doubled in size, then bake in quick oven forty-five minutes. Mold should be sprinkled over with shredded almonds.

For syrup. Boil sugar and water for almost forty-five minutes, then add lemon juice. Soak cake with syrup and when cold serve with cream in center.

Sufficient for one savarin.

Shortbread Cookies

2½ cupfuls flour
½ cupful Crisco
½ cupful sugar
½ teaspoonful salt
1 egg
1 teaspoonful vanilla extract

Beat Crisco, sugar, and salt to cream. Add gradually egg well beaten, flour, and flavoring. Knead lightly on floured baking board, then roll out one-fourth inch thick and cut into small rounds. Mark them with fork, lay on Criscoed tins and bake in moderate oven from ten to fifteen minutes.

Sufficient for forty cookies.

Soda Beaten Biscuit

1 quart flour
3 tablespoonfuls Crisco
½ teaspoonful salt
½ teaspoonful baking soda
Buttermilk

Sift flour with soda and salt, then rub in Crisco thoroughly with finger tips, and mix to stiff dough with buttermilk. Beat with rolling-pin or hammer until dough blisters. Roll out one-third inch in thickness, cut with round cutter, and lay on Criscoed tins. Bake in moderate oven from thirty to forty minutes.

Sufficient for forty biscuits.

Sour Milk Biscuits

(*Kate B. Vaughn*)

2 cupfuls flour
3 tablespoonfuls Crisco
1 teaspoonful salt
½ teaspoonful baking soda
1 cupful sour milk

Sift flour and salt into basin, rub Crisco lightly into them. Stir soda into milk until it effervesces and then add to flour. Turn out on floured baking board, knead lightly until smooth, roll out quarter of an inch thick, cut with biscuit cutter, place on greased tin and bake twelve to fifteen minutes in hot oven.

Sufficient to make twelve biscuits.

Sour Milk Griddle Cakes

2 cupfuls flour
1 tablespoonful melted Crisco
2 cupfuls sour milk
½ teaspoonful salt
1 teaspoonful baking soda
1 egg
1 tablespoonful sugar

Sift dry ingredients, add milk, well beaten egg, and melted Crisco. Drop by spoonfuls on hot griddle, greased with Crisco. Cook until browned, then turn and cook on other side. Serve hot with syrup.

Sufficient for eighteen cakes.

Sour Milk Tea Cakes

1 cupful cornmeal
4 tablespoonfuls Crisco
2 eggs
1½ cupfuls sour milk
2 cupfuls flour
¾ cupful sugar
1 teaspoonful baking soda
1 teaspoonful salt
1 teaspoonful lemon extract

Beat up the eggs, add meal and milk and mix well, add flour, sugar, soda, and salt sifted together. Now add extract and Crisco, melted, and beat two minutes. Divide into Criscoed and floured gem pans and bake in moderate oven fifteen minutes.

Sufficient for sixteen cakes.

Steamed Nut Bread

½ pint graham flour
½ cupful Crisco
½ cupful white flour
1 cupful chopped English walnut meats
½ teaspoonful salt
2 teaspoonfuls baking powder
1 cupful milk
1 cupful sugar
1 egg

Cream Crisco and sugar together, add egg well beaten, milk, salt, flours, baking powder, and nuts. Mix and turn into Criscoed mold, cover with greased paper and steam two hours. This nut bread is delicious served hot with butter. It may be served as a pudding with cream or liquid sauce.

Sufficient for one loaf.

Southern Spoon Bread

3 tablespoonfuls melted Crisco
2 cupfuls cornmeal
1 quart milk
1 teaspoonful salt
3 eggs

Heat milk to boiling point, then stir in meal and salt; add Crisco and cook five minutes. Cool mixture, add yolks of eggs well beaten, then beat whites of eggs to stiff froth and fold in. Pour batter into Criscoed two-quart pan and bake in moderate oven forty minutes. Serve while hot, using a spoon with which to serve it. This is especially good served with roast pork.

Sufficient for one large pan of bread.

Spice Cookies

3 eggs
1½ cupfuls brown sugar
1 cupful Crisco
1 cupful molasses
½ cupful sour milk
2 teaspoonfuls baking soda
½ teaspoonful black pepper
1 teaspoonful salt
1 teaspoonful powdered cinnamon
1 teaspoonful powdered ginger
1 teaspoonful powdered cloves
1 teaspoonful grated nutmeg
½ teaspoonful baking powder
Flour to make a stiff dough

Beat eggs five minutes, then add sugar and beat five minutes, then add Crisco and beat until thoroughly mixed, add molasses, milk, soda, salt, spices, baking powder, and enough flour to make stiff dough. Leave mixture in basin until following day. Take pieces of dough and roll out, cut with small cutter, lay on Criscoed tins and bake in moderate oven from seven to ten minutes.

Sufficient for ninety cookies.

Swedish Coffee Bread

2 cupfuls hot milk
¾ cupful sugar
½ cupful Crisco
½ teaspoonful salt
15 cardamom seeds
1 yeast cake
2 cupfuls flour

Remove seeds from cardamoms and grind fine, add to hot milk with Crisco, sugar, and salt. When lukewarm add yeast cake mixed with a little tepid water and flour. Mix and allow to rise. Then add flour enough to make stiff dough. Knead and let rise again, then make into rolls or loaves. Let rise again and bake in moderate oven till ready.

Sufficient for eighteen rolls or two small loaves

Swedish Rye Bread

2 tablespoonfuls sugar
3 tablespoonfuls Crisco
2 teaspoonfuls salt
1 yeast cake
3 cupfuls rye flour
1 cupful white flour
4 cupfuls boiling water

In evening add Crisco, sugar, and salt to boiling water; cool, add yeast cake mixed with a little tepid water or sugar, rye flour and white flour. Allow to rise and in morning add more white flour, a little at a time, to make a stiff dough. Let rise, knead again and bake in Criscoed pie tins or cake tins as it will rise better than if baked in bread tins. Bake in hot oven half hour. When taken out of oven brush crust with a little melted Crisco.

Sufficient for four loaves.

Twin Biscuits

1 cupful milk
½ teaspoonful salt
2 teaspoonfuls baking powder
2 cupfuls flour
2 tablespoonfuls Crisco

Sift flour, baking powder, and salt together, rub in Crisco with tips of fingers, then add milk. Pat and roll out dough, cut with cutter, brush with melted Crisco, place one on top of another, lay on Criscoed tin and bake in hot oven from ten to twelve minutes.

Sufficient for twelve biscuits.

Waffles

3 cupfuls flour
2 tablespoonfuls melted Crisco
½ teaspoonful baking soda
1 teaspoonful salt
1 tablespoonful sugar
2 cupfuls sour milk
2 eggs

Mix and sift dry ingredients, add milk gradually, yolks of eggs well beaten, melted Crisco, and whites of eggs beaten to stiff froth; cook on hot waffle iron greased with Crisco. Serve with maple syrup, or honey and butter.

Waffles may be served for breakfast, luncheon, supper or high tea. A waffle iron should fit closely on range, be well heated on one side, turned, heated on other side, and thoroughly greased with Crisco before iron is filled. In filling, put tablespoonful of mixture in each compartment near

the center of iron, cover, and mixture will spread to fill iron. If sufficiently heated, it should be turned almost as soon as filled and covered. In using new iron, special care must be taken in greasing, or waffles will stick.

Sufficient for six waffles.

White Cookies

2 cupfuls sugar
1 cupful Crisco
½ cupful thick sour milk
2 eggs
1 teaspoonful baking soda
1 teaspoonful salt
1 teaspoonful vanilla extract
½ teaspoonful lemon extract
Flour

Cream Crisco and sugar together, add eggs well beaten, soda mixed with sour milk, salt, extracts, and about 5 cupfuls flour. Roll very thin, cut with cookie cutter, lay on Criscoed tins, bake in moderately hot oven five minutes. To keep any length of time, when cold, place in covered tin cans and set in cool place, and they will be as crisp as when first baked.

Sufficient for ninety cookies.

Yorkshire Fruit Loaves

2 lbs. flour
¾ cupful Crisco
1 teaspoonful salt
2 cupfuls milk
1 yeast cake
1 cupful sugar
1 cupful sultana raisins
1 cupful currants
½ cupful seeded raisins
½ cupful chopped candied citron peel
1 teaspoonful powdered ginger
½ teaspoonful powdered mace

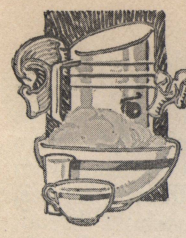
Heat Crisco in milk, then cool and add yeast cake mixed with a little sugar; stir in flour and salt, and allow to rise four hours. Mix sugar, fruit, peel, and spices into risen dough. Let rise again then divide into two Criscoed loaf tins. Allow to rise fifteen minutes, then bake in moderate oven one and a half hours.

Sufficient for two medium-sized loaves.

Water Bread

2 cupfuls boiling water
2 tablespoonfuls Crisco
1 tablespoonful sugar
2 teaspoonfuls salt
¼ yeast cake dissolved in ¼ cupful lukewarm water
About six cupfuls sifted flour

Mix Crisco, sugar and salt, pour on boiling water; when lukewarm add dissolved yeast cake. Stir in enough flour to make a batter; beat well, then add more flour, a little at a time to make stiff dough, mixing with a knife. Turn on a floured board; knead until it is smooth, elastic and does not stick to the board. Put into a bowl greased with Crisco, cover closely and let stand in a warm place over night. The first thing in the morning knead again until fine grained; shape into loaves and place in a warm pan greased with Crisco. Cover and put in a warm place. When double in bulk, bake in a hot oven. Bake one hour.



CAKES

THERE are five principal ways of making cakes.

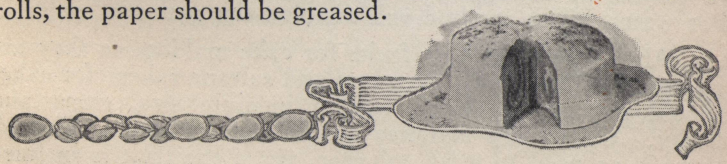
The first method is used for plain cakes. The shortening is rubbed into the flour in the same way as for short pastry; then the dry ingredients, such as sugar, fruit, and spice, are added, and lastly the eggs and milk. Then all are mixed well together.

The second way is used for fruit, pound, and seed cakes. The shortening and sugar are creamed together, the eggs beaten in one at a time, and the fruit and flour stirred in lightly and quickly at the last.

In the third way the eggs and sugar are beaten together until thick and creamy, then the flour is stirred in lightly and quickly. This is used chiefly for sponge cakes and cakes of that texture.

For the fourth way the sugar, shortening, milk, and syrup or molasses are melted together, then cooled slightly and added to the dry ingredients. This method is used for gingerbreads.

In the fifth way the sugar and eggs are beaten thoroughly over boiling water, then cooled before the melted shortening and dry ingredients are added. This method is used for Gennoise cake and some kinds of layer cakes. Care must be taken to insure the right consistency of cakes. The mixture should be fairly stiff. If too moist the fruit will sink to the bottom. For rich cakes the tins should be lined with paper, the paper coming a short distance above the tins, so that the cake is protected as it rises. For very rich fruit cakes, experience has shown that it is best not to grease the paper or tin. The cake is not so liable to burn, and the paper can be removed easily when the cake is done without injuring it. On the other hand, if tins are lined for sponge cakes or jelly-rolls, the paper should be greased.



When making cakes in which baking powder, carbonate of soda, cream of tartar or tartaric acid are used, almost everything depends upon the handling, which should be as light and as little as possible. The more rapidly such cakes are made the better they will be. Two cooks working from the same recipe will often produce entirely different results, if one kneads her mixture as if it were household bread, while the other handles it with due lightness of touch. As soon as the baking powder or other rising medium is added to the mixture, the cake should be put into the oven as quickly as possible. Soda alone is never good in a cake where there is shortening, unless some substance containing acid is used along with it. Molasses is one of the substances containing acid.

The greatest care and cleanliness must be exercised in all cake making; and accuracy in proportioning the materials to be used is indispensable. The flour should be thoroughly dried and sifted, and lightly stirred in. Always sift flour before measuring, then sift it again with the baking powder to insure a thorough blending.

Good cakes never can be made with indifferent materials. Eggs are used both as an aerating agent and as one of the "wetting" materials. It is not economy to buy cheap eggs, for such eggs are small, weak, colorless, and often very stale. Eggs should be well beaten, yolks and whites separately, unless other directions are given. The yolks must be beaten to a thick cream and the whites until they are a solid froth. Sugar tends to improve the texture of cakes, and when cheap cakes are made, plenty should be used, provided that the cake is not made too sweet. It should be dissolved before being added to the fat and the flour.

For best cakes, and all that are required of a light color, fine-grained sugar should be used. With coarse-grained sugar there is danger of producing specks which show on the cakes after baking, unless they have been made by the method of beating up the eggs and sugar together with a beater over hot water. This method will dissolve the grains of sugar.

Always buy the best fruits for cake making, as they are sweetest and cleanest. Currants and sultana raisins for cakes should not be too large, but of medium size, sweet and fleshy. Cheap dry sultanas should not be used. Though there is no need to wash sultanas, yet if the fruit is inclined

to be very dry, it will be better to do so than to put them in to spoil the appearance and the flavor of the cake. Currants always should be washed, cleaned, and dried before using. Orange, lemon, and citron peel should be of good color and flavor. They should not be added to cake mixture in chunks, as often is done, but should be in long shredded pieces. Large pieces of peel are sometimes the cause of a cake cutting badly. In making fruit cakes add the fruit before the flour, as this will prevent it falling to the bottom.

If a cake cracks open while baking, the recipe contains too much flour. There are two kinds of thick crusts which some cakes have. The first of these is caused by the cake being overbaked in a very hot oven. Where this is so, the cake, if a very rich one, has a huge crack in the top caused by the heat of the oven forming a crust before the inside has finished aerating; then as the interior air or gas expands, it cracks the crust to escape. This crack spoils the appearance of the cake, and when cut it generally will be found to be close and heavy in texture. To guard against this it is necessary to bake them at a suitable temperature, noting that the richer the cake the longer the fruit takes to bake.

The second kind of thick crust referred to may only be on top of the cake, and in this case may be caused by an excess of fat and sugar being mixed together, or otherwise insufficient flour. In this case the mixture will not bake, but only forms a kind of syrup in the oven, and the cake sinks in the center. A cake made under such conditions would have a thick shiny crust, and be liable to crumble when touched. The inside of the cake would be heavy, having more the appearance of pudding than cake.

Successful cake making means constant care. In recipes in which milk is used as one ingredient, either sweet or buttermilk may be used but not a mixture of both. Buttermilk makes a light, spongy cake, and sweet milk makes a cake which cuts like pound cake. *In creaming shortening and sugar, when the shortening is too hard to blend easily warm the bowl slightly, but do not heat the shortening, as this will change both the flavor and texture of the cake.* For small cakes have a quick oven, so that they set right through, and the inside is baked by the time the outside is browned. For all large cakes have a quick oven at first, to raise them nicely and prevent the fruit sinking to the bottom. The oven then should be allowed to become slower to fire the cakes thoroughly.

Cake must not be hurried. Keep the oven steady though slow, and after putting a large cake into it do not open the door for at least twenty minutes. During baking, do not open the door unnecessarily, or in fact do anything to jar the cake lest the little bubbles formed by the action of the baking powder burst, causing the gas to escape and the cake to sink. This produces what is known as a "sad" cake, but refers probably to the state of mind of the cook. A very light cake put into a quick oven rises rapidly round the sides, but leaves a hollow in the middle.

If a cake is made too light with eggs or powder and an insufficient quantity of flour is added it will drop in the center. Another frequent cause is the moving of cakes while in the oven before the mixture has set properly. The same defect is produced if the cakes are removed from the oven before being baked sufficiently. When a cake batter curdles, the texture will not be so even as if the curdling had not taken place. Sometimes the mixture will curdle through the eggs being added too quickly, or if the shortening contains too much water. This forms a syrup with the sugar, and after a certain quantity of eggs have been added the batter will slip and slide about, and will not unite with the other ingredients. Weak, watery eggs are another cause of this happening; and although this may be checked by adding a little flour at the right time, yet the cake would be better if it were unnecessary to add any flour until all the eggs had been beaten in, that is, if the batter had not curdled. Before turning out a cake allow it to remain in the tin for a few minutes. It is best to lay it on a wire cake stand, or lay it on a sieve; but if you do not possess these, a loosely made basket turned upside down will do. If the cake will not turn out of the tin easily, rest it on its side, turning it round in a couple of minutes and it may loosen, if not, pass a knife round the edge, turn the cake over on a clean cloth, and let it stand a few minutes.

Do not place cakes in a cold place or at an open window, or the steam will condense and make them heavy. A rich cake improves in flavor and becomes softer with keeping (from 2 to 6 weeks, according to quality) before cutting. Wrap, when cold, first in a clean towel, then in paper. After a week remove the paper and put the cake into a tin wrapped in the towel. Small cakes may be baked in tiny molds or tins, or baked in a flat sheet, and then cut out into squares,

diamonds or rounds. Then they can be frosted or coated with cream and decorated with cherries or other crystallized fruits. If a real distinction is desired, they may be placed in tiny crinkled paper cases, bought by the hundred at a trifling cost.

Cake tins should be greased with Crisco and dredged with flour, the superfluous flour shaken out, or they can be fitted with paper which has been greased with Crisco. When creaming Crisco and sugar, do not grudge hard work; at this stage of manufacture the tendency is to give insufficient work, with the result that the lightness of the cake is impaired.

Apple Sauce Fruit Cake without Milk

1 cupful brown sugar
1½ cupfuls apple sauce
2½ cupfuls flour
½ cupful Crisco
1 lb. raisins
1 teaspoonful powdered cloves
1 teaspoonful powdered cinnamon
1 teaspoonful grated nutmeg
2 teaspoonfuls baking soda
½ teaspoonful salt
3 tablespoonfuls vinegar

Cream Crisco and sugar thoroughly together, add apple sauce, flour, raisins, spices, salt, and soda mixed with vinegar. Mix and pour into greased and floured cake tin and bake in moderate oven one and a half hours.

Sufficient for one cake.

Black Cake with Prune Filling

1½ cupfuls sugar
½ teaspoonful salt
3 eggs
½ cupful Crisco
1 cupful milk
½ teaspoonful baking soda
2 cupfuls flour
1 teaspoonful baking powder
½ teaspoonful vanilla extract
⅓ cake chocolate

For Filling

1 cupful sugar
⅓ cupful boiling water
1 white of egg
½ cupful stoned stewed prunes
⅓ cupful blanched chopped almonds

For cake. Beat 1 egg in double boiler, add ½ cupful milk, ½ cupful sugar and chocolate; mix well and cook until it thickens. Cool and set aside. Cream Crisco with remainder of sugar, add salt, eggs well beaten, soda mixed with remainder of milk, flour, baking powder and

vanilla. Mix well and add chocolate paste, and divide into two Criscoed and floured layer cake tins. Bake twenty minutes in moderate oven.

For filling. Boil sugar and water together without stirring until it forms a soft ball when tried in cold water, or 240° F., then pour it over the beaten white of egg, beating all the time. Now add chopped prunes and almonds and beat well. Put between layers of cake.

Sufficient for one good-sized layer cake.

Pound Cake

2 cupfuls sugar
2 cupfuls Crisco
2 teaspoonfuls salt
12 eggs
4 cupfuls flour
½ teaspoonful powdered mace
3 tablespoonfuls brandy

Cream Crisco and sugar thoroughly together, add yolks of eggs well beaten, fold in whites of eggs beaten to a stiff froth, add brandy, flour, salt and mace, and mix lightly and quickly. Turn into a papered cake pan and bake in a slow oven for one hour and twenty minutes.

Sufficient for one large cake.

Boiling Water Cake

1 cupful boiling water
1 cupful sugar
½ cupful Crisco
1 egg
¼ cupful chopped candied citron peel
1 cupful sultana raisins
2½ cupfuls flour
½ teaspoonful salt
2 teaspoonfuls baking powder
¼ teaspoonful grated nutmeg
½ teaspoonful lemon extract

Put Crisco and sugar into basin, pour boiling water over them; let stand till cold, then add egg well beaten, sift in flour, salt, baking powder, and nutmeg, add peel, raisins, and lemon extract, and mix well. Turn into greased and floured small square tin and bake in moderate oven half hour. Cool and cover with boiled frosting.

Sufficient for one small cake.

Butterless-Milkless-Eggless Cake

2 cupfuls brown sugar
⅔ cupful Crisco
2 cupfuls water
2 cupfuls sultana raisins
2 cupfuls seeded raisins
1 teaspoonful salt
2 teaspoonfuls powdered cinnamon
1 teaspoonful powdered cloves
½ teaspoonful powdered mace
½ teaspoonful grated nutmeg
2 teaspoonfuls baking soda
4 cupfuls flour
1 teaspoonful baking powder
1½ cupfuls chopped nut meats
3 tablespoonfuls warm water

Put Crisco into saucepan, add sugar, water, raisins, salt, and spices, and boil three minutes. Cool, and when cold add flour, baking powder, soda dissolved in warm water and nut meats. Mix and turn into Criscoed and floured cake tin and bake in slow oven one and a half hours.

Sufficient for one medium-sized cake.

Caramel Cake

For Cake

1¼ cupfuls sifted sugar
2 eggs
½ cupful Crisco
1 cupful cold water
3 cupfuls flour
2 teaspoonfuls baking powder
1 teaspoonful vanilla extract
½ cupful granulated sugar
½ teaspoonful salt
¼ cupful boiling water

For Filling

1 teaspoonful Crisco
1 ounce chocolate
1 teaspoonful vanilla extract
½ cupful hot water
½ cupful brown sugar
½ cupful granulated sugar
Pinch salt

For cake. Put granulated sugar into small pan and melt over fire till brown, remove from fire, add boiling water, stir quickly, return to stove, and stir until thick syrup; set aside to cool. Beat Crisco and sugar to a cream, add eggs well beaten, flour, baking powder, salt, vanilla, three tablespoonfuls of the syrup and water. Mix and beat two minutes, then divide into two Criscoed and floured layer tins and bake in moderate oven twenty minutes.

For filling. Melt granulated sugar in small pan and stir until it becomes a light brown syrup, add the water gradually, then brown sugar, Crisco, salt, and chocolate, stirring all the time. Cook until it forms a soft ball when tried in cold water, or 240° F. Remove from fire, add vanilla, beat until creamy, then spread between cakes.

Sufficient for one layer cake.

Chocolate Cake

For Cake

1 cupful sugar
¾ teaspoonful salt
¼ cupful grated chocolate
¾ cupful Crisco
5 eggs
2 cupfuls flour
1 teaspoonful baking powder
½ cupful sultana raisins
½ cupful candied chopped citron peel

For Chocolate Frosting

2 tablespoonfuls Crisco
2 squares melted bitter chocolate
2 cupfuls powdered sugar
6 tablespoonfuls coffee
¼ teaspoonful salt
½ teaspoonful vanilla extract

For cake. Cream Crisco; add sugar gradually, yolks of eggs well beaten, milk, flour, salt, baking powder, grated chocolate, citron, and raisins. Mix and beat two minutes, then fold in stiffly beaten whites of eggs. Turn into Criscoed and floured tin and bake for one and a quarter hours in a moderate oven. When cold cover with frosting.

For chocolate frosting. Knead Crisco into sugar. Melt chocolate, add coffee, sugar, salt, and Crisco, and stir until thick, then add vanilla

and put away to cool. When cold spread on cake. This frosting may be used any time. It is just as good made one day and used the next by adding a little more hot coffee. It is always soft, creamy and delicious.

Sufficient for one cake.

Cocoanut Layer Cake

For Cake

1 cupful sugar
3 cupfuls flour
½ teaspoonful salt
4 eggs
½ cupful Crisco
1 cupful milk
2 teaspoonfuls vanilla extract
3 teaspoonfuls baking powder

For Filling

1 teaspoonful Crisco
1 cupful sugar
1 cupful water
Pinch cream of tartar
1 teaspoonful vanilla extract
1 white of egg
½ cupful chopped cocoanut
¼ teaspoonful salt

For cake. Cream Crisco and sugar together, sift the flour, baking powder, and salt, and add alternately with the beaten yolks of eggs and milk. Beat thoroughly, then add stiffly beaten whites of eggs and flavoring and mix gently. Grease layer tins with Crisco, then flour them and divide mixture into three portions. Bake in a moderate oven twenty minutes.

For filling. Boil water and sugar together, add Crisco and cream of tartar, and boil until it forms a soft ball when tried in cold water, or 240° F. Beat white of egg to stiff froth, add salt, then pour in syrup gradually, add vanilla and beat until thick and cold. Spread on cake and sprinkle over with cocoanut.

Sufficient for three layers.

Coffee Layer Cake

Dark Part

1 cupful dark brown sugar
⅔ cupful cold strong coffee
3 yolks of eggs
½ cupful Crisco
1 tablespoonful molasses
¼ cupful raisins
2 cupfuls flour
2 teaspoonfuls baking powder
½ teaspoonful powdered cinnamon
½ teaspoonful powdered cloves
½ teaspoonful grated nutmeg
½ teaspoonful salt

White Part

½ cupful Crisco
1 cupful granulated sugar
3 whites of eggs
⅔ cupful milk
2 cupfuls flour
2 teaspoonfuls baking powder
1 teaspoonful vanilla extract
½ teaspoonful salt

For dark part. Cream Crisco and sugar, add yolks well beaten, coffee, molasses, flour, salt, baking powder, spices and raisins. Mix and divide into two Criscoed and floured layer tins and bake in moderately hot oven twenty minutes.

For white part. Cream Crisco and sugar, add milk, vanilla, flour, salt, baking powder, then fold in stiffly beaten whites of eggs. Bake in two layers. Put layers together and ice with following frosting.

Put 2 cupfuls dark brown sugar and ¾ cupful water into saucepan, add 1 tablespoonful Crisco and 1 teaspoonful vanilla extract. Boil till mixture forms soft ball when tried in cold water, or 240° F., remove from stove, beat till it begins to cream, then add 1 cupful chopped raisins. Spread on cake and allow to dry.

Sufficient for one large layer cake.

Cream Puffs

1 cupful water
1 cupful flour
5 tablespoonfuls Crisco
4 eggs
¼ teaspoonful salt

Put Crisco into small saucepan, add water, bring to boiling point, add quickly flour and salt, stir well with wooden spoon until mixture leaves sides of pan, remove pan from fire, allow mixture to become cool, but not cold, add eggs, one at a time, and beat each one thoroughly in. Set in cool place one hour. Put mixture into forcing bag with tube and force it on to a tin greased with Crisco into small rounds; bake in hot oven forty minutes. When cold split them open on one side and fill with whipped cream sweetened and flavored to taste.

To make eclairs with this mixture press it on to tins in strips three and a half inches long, and a little distance apart. Brush over tops with beaten egg and bake in moderate oven thirty minutes. Cut open one side, then fill and dip top into chocolate icing.

Sufficient for fifteen cream puffs.

Cream Puff Balls

1 cupful flour
½ cupful Crisco
½ cupful water
4 eggs
½ teaspoonful salt

Put Crisco and water into small saucepan, bring to boil, add quickly flour and salt, stir well with wooden spoon until mixture leaves sides of pan, remove from fire, allow to cool, but not become cold, add eggs, beating each one thoroughly in. Turn mixture on to well Criscoed plate and divide into small puffs or cakes. Put on Criscoed tins and bake a golden brown in hot oven, thirty minutes. These puffs may be filled with preserves, custard, or savory mixtures.

Sufficient for thirty puffs.

Crisco Fruit Cake

1½ cupfuls Crisco
2 cupfuls sugar
4 cupfuls flour
6 eggs
1 wineglassful brandy
½ lb. blanched and chopped almonds
½ lb. English walnut meats (broken in small pieces)
½ lb. stoned and chopped dates
1 lb. currants
1 lb. seeded raisins
1 lb. glace cherries
1 teaspoonful baking soda
1 teaspoonful salt
½ cupful New Orleans molasses
½ cupful cold black coffee
1 teaspoonful grated nutmeg
2 teaspoonfuls powdered cinnamon
1 teaspoonful powdered cloves

Cream Crisco and sugar together, add eggs well beaten, beat five minutes, then add coffee, soda mixed with molasses, brandy, flour sifted

with salt and spices. Now add raisins, currants, dates, cherries cut in halves, and nuts. Mix carefully and turn into Criscoed and papered tin and bake in moderate oven two and a half hours. Brandy may be omitted.

Sufficient for one large cake.

Devils Food Cake

1½ cupfuls sugar
1½ cupfuls milk
½ cake chocolate
2 teaspoonfuls vanilla extract
2 eggs
2 cupfuls flour
½ cupful Crisco
1 teaspoonful baking soda
3 tablespoonfuls boiling water
Boiled frosting
½ teaspoonful salt

Put ½ cupful of sugar into small saucepan, add chocolate and 1 cupful milk. Put on stove and stir till it boils five minutes, stirring now and then. Remove from fire, add vanilla and set aside to cool. Beat Crisco and remainder of sugar to light cream, then add eggs well beaten and beat two minutes. Now add remainder of milk, soda dissolved in boiling water, flour, salt, and chocolate mixture. Mix carefully and divide into two large greased and floured layer tins and bake in moderate oven twenty-five minutes. Turn to cool and put together with boiled frosting.

Sufficient for two large layers.

Peach Shortcake

2 cupfuls sugar
1 cupful milk
5 eggs
3 cupfuls flour
¾ cupful Crisco
1 teaspoonful baking powder
½ teaspoonful salt
1 teaspoonful almond extract
Quartered peaches

Cream Crisco and sugar together, then add milk, eggs one by one, always beating well between each one, flour sifted with baking powder and salt, then add extract. Mix and divide into two layer tins that have been greased with Crisco and bake twenty minutes in moderate oven. Turn out and spread with butter. Put together with quartered and sweetened peaches and pile some peaches on top.

Sufficient for one cake.

Strawberry Shortcake

3 cupfuls flour
½ cupful Crisco
½ teaspoonful salt
3 teaspoonfuls baking powder
1 egg
2 tablespoonfuls sugar
1 cupful milk
1½ pints strawberries
1 cupful whipped cream

Sift the flour with the baking powder, salt and sugar, then cut in the Crisco with a knife, add egg well beaten, and milk. The dough should be a soft one. Roll in two layers, spread in two Criscoed pans and bake in a hot oven until a light brown color. Mash and sweeten one cupful of the strawberries, put on one layer, then place second layer on top. Sweeten remainder of strawberries, spread on top layer, and cover with the whipped cream. Decorate with whole ripe strawberries.

Fig Cake

1 cupful sugar
3 eggs
1 cupful milk
2 teaspoonfuls powdered cinnamon
3 cupfuls flour
½ cupful Crisco
3 teaspoonfuls baking powder
½ teaspoonful salt
1 teaspoonful vanilla extract
½ teaspoonful grated nutmeg
1 cupful shredded figs

Wash and dry figs then shred them. Cream Crisco and sugar together, add eggs well beaten, and beat five minutes. Sift dry ingredients, and add to first mixture alternately with milk. Add figs and flavorings and turn into Criscoed and floured cake tin. Bake one hour in moderate oven.

Sufficient for one small cake.

Gennoise Cake

¾ cupful flour
6 tablespoonfuls sugar
6 tablespoonfuls melted Crisco
4 eggs
1 teaspoonful baking powder
½ teaspoonful almond extract
Boiled frosting
Preserved cherries or cocoanut
¼ teaspoonful salt

Break eggs into bowl, add sugar and beat for ten minutes over a pan of boiling water. Remove from water and beat till mixture is thick and cold; remove beater, sift in flour, salt, and baking powder; mix carefully, add melted Crisco and almond extract. Turn at once into small square greased and papered tin and bake in a moderate oven twenty minutes. Turn out and remove paper. Cool and cut in eight square pieces. Cover with boiled frosting and decorate with cherries or cocoanut.

Sufficient for eight small cakes.

Gingerbread

½ cupful sugar
1 egg
½ cupful molasses
½ cupful milk
1⅓ cupfuls flour
¼ cupful Crisco
1 teaspoonful salt
2 teaspoonfuls powdered ginger
1 teaspoonful powdered cinnamon
½ teaspoonful powdered cloves
½ teaspoonful baking soda or 2 teaspoonfuls baking powder

Sauce

1 teaspoonful Crisco
1 cupful (½ lb.) maple sugar
1 tablespoonful flour
1 egg
1 cupful boiling water

For cake. Cream Crisco and sugar together, add egg well beaten, molasses, milk, soda, flour, salt, and spices. Mix and turn into Criscoed tin and bake in moderate oven forty minutes.

For sauce. Dissolve maple sugar in boiling water. Rub together Crisco and flour. Add gradually boiling syrup; and lastly the beaten egg. Then return to fire and stir briskly until thickened.

Sufficient for one small gingerbread.

Golden Orange Cake

2 cupfuls sugar
1 teaspoonful salt
1 teaspoonful orange extract
1 cupful milk
5 eggs or yolks of 10 eggs
4 cupfuls flour
1 cupful Crisco
4 teaspoonfuls baking powder

Orange icing

For cake. Cream Crisco and sugar together, add salt, eggs well beaten, orange extract, and flour and baking powder alternately with milk. Mix carefully and turn into Criscoed and floured cake tin and bake in moderate oven about one hour. This mixture may be baked in layers.

For icing. Boil 1 cupful water with 2 cupfuls sugar till it forms soft ball when tried in cold water, or 240° F., then pour over well beaten yolks of four eggs, beat until smooth and thick, add 1½ teaspoonfuls orange extract and spread at once on cake.

Sufficient for one large cake.

Gold Cake

(*Kate B. Vaughn*)

¾ cupful sugar
5 tablespoonfuls Crisco
½ cupful milk
4 yolks of eggs
1½ cupfuls flour
½ teaspoonful salt
3 teaspoonfuls baking powder
½ teaspoonful lemon extract

Cream Crisco and sugar together. Beat egg yolks very light and add to creamed mixture. Add dry ingredients, milk, and lemon extract and mix well. Turn into a small Criscoed and floured cake tin and bake in moderate oven forty-five minutes.

Sufficient for one small cake.

Hurry Up Cake

¾ cupful sugar
1½ cupfuls flour
4 tablespoonfuls Crisco
½ teaspoonful almond extract
½ teaspoonful lemon extract
2 whites of eggs
¼ teaspoonful salt
2 teaspoonfuls baking powder

Milk

Sift flour, baking powder, salt and sugar into bowl. Put whites of eggs into measuring cup, add Crisco, and fill cup with milk. Add to dry mixture with extracts and beat vigorously six minutes. Pour into small Criscoed and floured cake tin and bake in moderate oven forty-five minutes. Cake may be frosted if liked.

Sufficient for one small cake.

Crisco Sponge Cake

3 eggs
1 cupful sugar
½ cupful Crisco
½ teaspoonful salt
1¼ cupfuls flour
2 teaspoonfuls baking powder
½ teaspoonful orange extract
½ cupful cold water

Cream Crisco; add salt, yolks of eggs well beaten, and sugar, and beat for five minutes, add orange extract and cold water. Beat up whites of eggs to a stiff froth and add alternately with the flour sifted with the baking powder. Divide into Criscoed and floured gem pans and bake in a moderate oven for fifteen minutes.

Sufficient for twelve cakes.

Sand Cake

1 cupful sugar
1 cupful Crisco
1 teaspoonful salt
5 eggs (whites only)
½ lb. corn starch
1 teaspoonful lemon extract

Cream Crisco and salt, add sugar by tablespoonfuls, beating all the time, then add the corn starch by tablespoonfuls, lemon extract and lastly whites of eggs beaten to a stiff froth. Turn into a papered cake tin and bake in moderate oven for three-quarters of an hour.

Sufficient for one cake.

Lady Baltimore Cake

(White Cake)

1 cupful sugar
¾ cupful Crisco
½ cupful cold water
1 teaspoonful vanilla extract
2½ cupfuls flour
2½ teaspoonfuls baking powder
½ teaspoonful salt
6 whites of eggs

For the Filling

1 cupful sugar
½ cupful boiling water
2 whites of eggs
1 teaspoonful vanilla extract
Pinch cream of tartar
½ cupful chopped candied cherries
½ cupful chopped candied pineapple

For cake. Cream Crisco and sugar together. Sift together three times dry ingredients and add alternately with water. Add vanilla, beat mixture well, then fold in stiffly beaten whites of eggs. Divide into two Criscoed and floured layer cake tins and bake in moderate oven twenty-five minutes.

For filling. Put sugar and water into saucepan, stir till boiling, add cream of tartar, then boil until it forms a soft ball when tried in cold water, or 240° F.; pour on to the stiffly beaten whites of eggs, pouring in a steady stream and very slowly, adding while beating vanilla, cherries and pineapple, beat till thick and divide between and on top of cake.

Sufficient for one large layer cake.

Lemon Layer Cake

For Cake

6 tablespoonfuls sugar
3 tablespoonfuls Crisco
3 eggs
¼ teaspoonful salt
1 teaspoonful baking powder
12 tablespoonfuls flour
Grated rind 1 lemon

For Lemon Filling

4 tablespoonfuls Crisco
2 lemons
¾ cupful sugar
4 yolks of eggs
1 white of egg
¼ teaspoonful salt

For cake. Put the eggs, sugar, and lemon rind into basin, stand it over pan of boiling water, and beat until warm; then remove from hot water, and continue beating until mixture is stiff and cold; then add flour mixed with baking powder and salt, and pass through sieve, add Crisco melted but cool, taking care to stir very gently, but on no account beat it. Divide mixture into two small Criscoed and floured layer cake tins, and bake ten minutes in moderately hot oven. Turn out and cool, then put together with lemon filling.

For filling. Beat up eggs in saucepan, add Crisco, salt, grated rinds and strained lemon juice. Stir with wooden spoon over gentle heat until mixture just comes to boiling point. When cold use.

Sufficient for one layer cake.

Lord Baltimore Cake

1 cupful sugar
¾ cupful Crisco
½ cupful cold water
1 teaspoonful vanilla extract
2½ cupfuls flour
2½ teaspoonfuls baking powder
½ teaspoonful salt
6 yolks of eggs

Filling or Frosting

1 cupful sugar
½ cupful boiling water
2 whites of eggs
Pinch cream of tartar
1 teaspoonful vanilla extract
½ cupful chopped raisins
½ cupful chopped nut meats
5 chopped figs

For cake. Cream Crisco and sugar together. Sift together three times dry ingredients and add alternately with water. Add vanilla, beat mixture well, then fold in beaten yolks of eggs. Divide into two Criscoed and floured layer cake tins and bake in moderate oven twenty-five minutes.

For filling. Put sugar and water into saucepan, stir till boiling, add cream of tartar, then boil until it forms soft ball when tried in cold water, or 240° F.; pour on to stiffly beaten whites of eggs, pouring in steady stream and very slowly, adding while beating vanilla, raisins, nuts, and figs, beat until thick and divide between and on top of cake.

Sufficient for one large layer cake.

Lunch Cakes

1 scant cupful sugar
6 tablespoonfuls Crisco
1 cupful milk
2 eggs
2 cupfuls flour
3 teaspoonfuls baking powder
1 teaspoonful salt
1 teaspoonful vanilla extract

Cream Crisco and sugar together, then add well beaten eggs. Sift dry ingredients, and add to first mixture alternately with milk. Divide into Criscoed and floured gem pans and bake in moderately hot oven fifteen minutes.

Sufficient for fifteen cakes.

Jelly Roll

4 eggs
1 cupful sugar
2 tablespoonfuls melted Crisco
2 cupfuls flour
1 teaspoonful baking powder
¼ teaspoonful salt
4 tablespoonfuls milk
Jelly or preserves
1 teaspoonful lemon extract

Beat eggs and sugar together twenty minutes, remove beater, sift in flour, salt, and baking powder, add milk, extract, and melted Crisco. Grease large flat tin with Crisco, dust over with flour, pour in mixture and spread out evenly. Bake twelve minutes in moderately hot oven. Turn out on sugared paper, spread quickly with jelly or preserve and roll up at once. The cake will crack if spreading and rolling are not quickly done. Sliced jelly roll is delicious with custard.

Sufficient for one jelly roll.

Marble Cake

2 cupfuls sugar
1 cupful Crisco
3½ cupfuls flour
4 eggs
1 cupful milk
3 teaspoonfuls baking powder
2 tablespoonfuls molasses
2 tablespoonfuls melted chocolate
1 teaspoonful powdered cinnamon
½ teaspoonful grated nutmeg
½ teaspoonful powdered allspice
1 teaspoonful salt

Cream Crisco, add gradually the sugar, yolks of eggs beaten until thick, flour, salt, baking powder, milk, and egg whites beaten to stiff froth. Mix carefully and to one-third the mixture add spices, molasses, and melted chocolate. Drop in Criscoed cake pan alternately a spoonful of each mixture, and draw spoon through once or twice to make colors lie in lines. Bake in moderately hot oven one hour.

Sufficient for one medium-sized cake.

Marmalade Cake

½ cupful sugar
½ cupful Crisco
1 cupful marmalade
1½ teaspoonfuls baking powder
½ teaspoonful salt
1 egg
2 cupfuls flour
½ teaspoonful powdered ginger

Sift salt, flour, and baking powder into basin, rub in Crisco with finger tips, add ginger and egg well beaten. Knead lightly to smooth paste and divide into two pieces. Roll out pieces and line Criscoed dinner plate with one of them. Spread over with marmalade, cover with remaining piece of paste, pinch neatly round the edges and bake in moderate oven half an hour. Cut like pie and serve hot or cold.

Sufficient for eight pieces.

Old Fashioned Seed Cake

2 cupfuls sugar
1½ cupfuls Crisco
4 cupfuls flour
1 teaspoonful salt
2 tablespoonfuls carraway seeds
12 eggs

Cream Crisco and sugar thoroughly together, then drop in eggs one by one, beating each one in well before next is added, sift in flour and salt, add carraway seeds. Turn into Criscoed and papered loaf tin and bake in moderately hot oven one and a half hours.

Sufficient for one large cake.

Almond and Citron Cake

1 cupful sugar
1 cupful Crisco
5 eggs
½ lb. blanched chopped almonds
¼ lb. shredded candied citron peel
2 cupfuls flour
1 teaspoonful baking powder
½ wineglass brandy
¼ teaspoonful powdered mace
1 teaspoonful salt

Cream Crisco and sugar thoroughly together, beat in yolks of eggs one by one, add almonds, citron, brandy, mace, flour, baking powder, salt, mix well and fold in whites of eggs beaten to a stiff froth. Turn into a papered cake pan and bake in a moderate oven for one hour. Cover with boiled frosting if liked.

Sufficient for one large cake.

Walnut Cakes

For Cakes

1 cupful sugar
½ cupful Crisco
1 cupful milk or water
½ teaspoonful salt
2 cupfuls flour
2 teaspoonfuls baking powder
1 whole egg and 2 yolks of eggs
1 cupful chopped walnut meats
1 teaspoonful vanilla extract

For Frosting

1 cupful sugar
1 cupful water
2 whites of eggs
Pinch cream of tartar
1 teaspoonful lemon juice
1 teaspoonful vanilla extract

For cakes. Cream Crisco and sugar thoroughly together, add eggs well beaten, salt, vanilla, milk or water, baking powder, flour, and nuts. Mix well and divide into Criscoed and floured gem pans and bake ten minutes in moderate oven. When cold cover with boiled frosting.

For frosting. Dissolve sugar and water over fire in a saucepan, add cream of tartar and boil until it forms a soft ball when tried in cold water, or 240° F. Pour on to the beaten whites of eggs, pouring in a steady stream and very slowly, adding, while beating, lemon juice, and vanilla; beat until thick, and use.

Sufficient for fifteen cakes.

Rose Leaf Cakes

1 cupful rose leaves
3 cupfuls flour
1 cupful sugar
½ cupful Crisco
3 eggs
1 cupful milk
2 teaspoonfuls baking powder
1 lemon
½ teaspoonful salt

Cream Crisco and sugar thoroughly together, then add eggs well beaten, flour, baking powder, salt, milk, grated rind and 1 tablespoonful lemon juice, and fresh rose leaves. Divide into Criscoed and floured gem pans and bake in moderate oven from twelve to fifteen minutes.

Sufficient for thirty-five cakes.

Scotch Shortbread

4 cupfuls flour
¾ cupful sugar
1 cupful Crisco
1 large egg
1 teaspoonful salt

Sift flour and salt on to baking board. Cream Crisco, sugar and egg in basin and when thoroughly beaten turn out on board and very gradually knead in flour. Make into two smooth rounds, pinch them round the edges, prick over top with fork, lay on papered tin and bake in moderate oven thirty-five minutes. Leave on tin until cold.

Sufficient for two round cakes.

Silver Nut Cake

1 cupful sugar
½ cupful Crisco
4 whites of eggs
½ teaspoonful vanilla extract
2 cupfuls flour
½ teaspoonful salt
3 teaspoonfuls baking powder
1 cupful chopped pecans or English walnut meats
½ cupful milk

Cream Crisco and sugar. Sift dry ingredients and add to Crisco mixture, alternating with the milk; add nuts and vanilla extract. Beat egg whites to stiff froth and fold in at last. Turn into Criscoed and floured cake tin and bake in moderate oven thirty-five minutes.

Sufficient for one small cake.

Simnel Cake

¾ cupful sugar
¾ cupful Crisco
4 eggs
2 cupfuls sultana raisins
¼ cupful seeded raisins
½ cupful chopped candied citron peel
2 cupfuls flour
1 teaspoonful baking powder
½ teaspoonful almond extract
¾ teaspoonful salt

For Filling and Icing

¼ lb. ground almonds
2 cupfuls powdered sugar
2 eggs
1 teaspoonful almond extract

For cake. Cream Crisco and sugar together, add eggs well beaten, flour, baking powder, salt, almond extract, raisins, and peel. Make filling

by mixing almonds with powdered sugar, eggs well beaten and almond extract. Line Criscoed cake tin with paper and place in half of cake mixture, then put in layer of filling, then remaining half of cake mixture. Bake in moderate oven. When cake is nearly baked, place remaining almond paste on top and finish baking. Cake takes from one hour to one and a quarter hours.

Sufficient for medium-sized cake.

Southern Fruit Cake

1 cupful sugar
1 cupful Crisco
1 cupful molasses
½ cupful sour cream
3 cupfuls flour
1 teaspoonful salt
½ teaspoonful baking soda
3 eggs
1 teaspoonful powdered cinnamon
1 cupful seeded raisins
½ cupful currants
¼ teaspoonful grated nutmeg
½ teaspoonful powdered cloves
½ teaspoonful powdered allspice

Cream Crisco and sugar thoroughly together, then add molasses, cream, flour, soda, eggs well beaten, salt, spices, and fruit. Mix well and turn into Criscoed and papered cake tin and bake in slow oven one and a half hours.

Sufficient for one large cake.

The Wholesome Parkin

1 cupful flour
½ cupful melted Crisco
2 cupfuls fine oatmeal
¾ cupful molasses
3 tablespoonfuls sugar
¼ teaspoonful salt
1 egg
1 teaspoonful powdered ginger
¼ teaspoonful powdered allspice
½ teaspoonful powdered cinnamon
½ teaspoonful baking soda

Melt Crisco and mix with molasses, then add sugar, egg well beaten, salt, soda, spices, flour, and oatmeal. Mix and pour into small square Criscoed tin and bake in moderate oven thirty-five minutes. This little cake is excellent when a week old.

Sufficient for one small cake.

Whole Wheat Gingerbread

4 tablespoonfuls sugar
½ cupful Crisco
2 eggs
1 teaspoonful baking soda
¼ cupful milk
2 cupfuls flour
2 cupfuls whole wheat flour
½ cupful seeded raisins
½ teaspoonful salt
1½ cupfuls molasses
½ cupful chopped nut meats
1 teaspoonful powdered ginger
½ teaspoonful powdered mace
1 teaspoonful powdered cinnamon
3 tablespoonfuls chopped candied lemon peel

Mix flours, then add peel, raisins, nuts, spices, and salt. Melt Crisco, molasses, and sugar, then cool, and add them with eggs well beaten, with soda mixed with milk. Mix well and turn into Criscoed and floured cake tin. Bake in moderate oven one hour.

Sufficient for one large cake of gingerbread.

EVEN those who are by no means decided vegetarians may be glad to pass over a dinner occasionally without meat. It is perhaps not too much to say that every housekeeper ought to be able to provide a meal without the aid of meat. We do not mean by this simply the cooking of vegetables or the preparations of puddings, but the presentation of dishes intended to take the place of flesh, such as soups and broths made without meat, vegetable stews, lentil fritters and other healthful and nutritious dishes. A vegetarian menu is not so simple as it sounds. It requires knowledge and discrimination on the housekeeper's part to serve a solid meal without flesh or fowl.

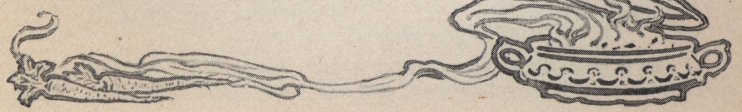
Now that meat is so dear it is the favorable moment to try a vegetable diet for a time. One mistake to be avoided in this catering is the putting down of too many dishes of a pulpy character—food which is soft is excellent with other things, but alone it is neither satisfying nor very nourishing, at least to a person of strong digestion. All of them should not be white, for instance, and the same rule holds good in other things besides color. A nice dish for this kind of diet is a vegetable curry, in which all the vegetables are treated like meat and turned out crisp; all the vegetables, too, must be fresh and young for this method of serving, so that anything like stringiness is absolutely impossible.

Crisco is entirely vegetable.

Bean Cutlets

2 tablespoonfuls Crisco
1 tablespoonful flour
½ cupful bean liquor
Salt and pepper to taste
2 eggs
¼ lb. dried beans
A few cooked mixed vegetables
Breadcrumbs

Soak beans in water twenty-four hours, then boil for several hours till quite tender, drain them, preserving liquor, chop them



very fine; blend Crisco with flour in saucepan over fire, add bean liquor, beans, salt and pepper, and yolks of eggs; turn out on to a dish and set aside till cold. Then cut out with cutlet-cutter or shape with knife; dip in beaten whites of the eggs, then in fine breadcrumbs, repeat a second time, and fry in hot Crisco. Serve on hot platter decorated with a few hot cooked mixed vegetables. Sufficient for eight cutlets.

Devilled Bananas

2 tablespoonfuls Crisco
½ teaspoonful salt
8 bananas
1 teaspoonful chopped pickles
Few grains red pepper, or 1 dessertspoonful chopped chillies

Slice bananas, mix with salt, chopped pickles and red pepper or chopped chillies and put them into hot Crisco. Cook for four minutes and serve. Sufficient for eight bananas.

Cauliflower Snow

2 tablespoonfuls melted Crisco
2 cauliflowers
4 poached eggs
Salt and paprika to taste
Toasted bread

Boil cauliflowers in salted water till tender, then drain and set near fire till quite dry. Remove all green parts and press flower through a potato ricer upon a hot dish, on which they are to be served. In no way crush the mass as it falls from the ricer. Sprinkle over with melted Crisco. Surround dish with poached eggs, each laid upon square of toasted buttered bread. Dust each egg with salt and a little paprika. Serve very hot.

Craigie Toast

3 tablespoonfuls Crisco
4 eggs
4 tomatoes
Salt and pepper to taste
½ cupful milk
Toast
1 teaspoonful chopped gherkin or capers

Skin, seed and chop tomatoes, add eggs well beaten, gherkin, milk, salt and pepper. Melt Crisco, add other ingredients and stir over fire till thoroughly hot. Serve at once on toast. The mixture may also be baked in oven twenty minutes and then garnished with small pieces of toast. Sufficient for four pieces of toast.

Excellent Lemon Mincemeat

½ cupful Crisco
2 large lemons
4 apples
¼ lb. chopped candied lemon peel
1 lb. currants
1¾ cupfuls sugar
1 teaspoonful powdered cinnamon
1 teaspoonful powdered ginger
½ teaspoonful grated nutmeg
½ teaspoonful powdered allspice
¼ teaspoonful powdered cloves
1 teaspoonful salt
½ cupful seeded raisins
½ cupful chopped nut meats

Extract juice from lemons and remove pips. Now put lemons into saucepan, cover with cold water, and boil until lemon feels quite tender.

Change water at least twice, drain and pound peel to a paste, add apples, cored, peeled and chopped, lemon peel, Crisco, currants, raisins, salt, spices, lemon juice, nut meats, and sugar. Put into a jar and cover. This mincemeat is excellent for pies and tartlets.

Sufficient for four pies.

German Tart

For Pastry

6 tablespoonfuls Crisco
¾ cupful flour
¾ cupful potato flour
1 tablespoonful sugar
½ teaspoonful mixed spices
¼ teaspoonful salt
1 teaspoonful lemon juice
Cold water

For Mixture

3 apples
¾ cupful prunes
4 tablespoonfuls sugar
½ lemon
½ cupful water
1 tablespoonful cakecrumbs

For mixture, peel, core and slice apples, and wash prunes in lukewarm water. Put these into a small saucepan with sugar, grated lemon rind and cold water. Stew slowly until apples are soft. Then remove prunes, and take out stones. Cut prunes in small pieces and return them to apples and cool. For pastry, sift flours, sugar, salt, and spices into basin. Add Crisco and cut it into flour with knife until finely divided. Then rub together lightly with finger tips until as fine as breadcrumbs. While rubbing, keep lifting flour well up in basin so that air may mix with it and Crisco is not made too soft. Add lemon juice and sufficient water to make stiff paste. Divide into two equal pieces. Wet a dinner plate with cold water and leave it wet. Roll out one of the pieces rather thinly, and line plate with it. Sprinkle cakecrumbs over it, then spread on mixture. Roll out the other piece of pastry for a cover. Wet round the edge of the pastry; lay other piece of pastry on, and press edges well together. Trim round with knife or scissors, and mark neatly round the edges. Brush over top with a little water or beaten white of egg. Dredge with sugar, and bake in moderate oven forty-five minutes. Serve hot or cold. The tart may be covered with boiled frosting.

Marchette Croquettes

2 tablespoonfuls Crisco
4 tablespoonfuls cooked spinach
3 small cooked potatoes
1 tablespoonful chopped onion
Salt and pepper to taste
2 hard-cooked eggs
1 raw egg
Breadcrumbs
Crisco flake pastry

Rub spinach and potatoes through wire sieve; fry onion in Crisco, add spinach and potatoes, season with salt and pepper, fry a few minutes, then set aside till cold. Roll out pastry, cut out some small rounds, then place spoonful of vegetable mixture on half the number of pastry rounds, place slice of hard-cooked egg on each, brush round edges with beaten egg, press other round on this, dip in egg and breadcrumbs and fry in hot Crisco. Serve hot. Sufficient for six croquettes.

Mixed Vegetable Souffle

1 tablespoonful Crisco
¼ lb. cooked carrots
½ lb. boiled potatoes
¾ lb. boiled turnips
½ lb. stewed onions
1 tablespoonful chopped parsley
Salt and pepper to taste
3 eggs

Chop onions, add vegetables mashed, then mix well, add Crisco, seasonings, and yolks of eggs. Beat up whites of eggs to stiff froth and fold them into mixture, then turn it into Criscoed fireproof dish and bake thirty minutes in moderate oven.

Nut and Macaroni Savory

4 tablespoonfuls melted Crisco
½ lb. chopped Brazil nuts
1 cupful boiled macaroni
1¾ cupfuls breadcrumbs
2 eggs
3 cupfuls milk
2 tablespoonfuls chopped parsley
Salt, pepper, and powdered mace to taste
Brown sauce

Cut macaroni into small pieces and put into bowl, add nuts, breadcrumbs, seasonings, eggs well beaten, and milk; turn into well greased earthenware dish, dot with tiny pieces of Crisco and bake in moderate oven forty-five minutes. Serve hot with brown sauce.

Potato and Nut Croquettes

2 tablespoonfuls melted Crisco
2 cupfuls riced potatoes
1 tablespoonful milk
Salt, pepper, and red pepper to taste
Few drops onion juice
1 egg and 1 yolk of egg
⅓ cupful chopped nut meats
¼ cupful cream
¼ cupful breadcrumbs

Mix potatoes with Crisco, milk, yolk of egg, onion juice and seasonings, and mix well. Put cream and breadcrumbs into small saucepan and stir to thick paste, then cool; now add nuts, salt and pepper to taste and half yolk of egg. Inclose some of nut mixture in potato mixture, making ingredients into neat croquettes. Beat up remainder of egg with tablespoonful of water. Roll croquettes in fine breadcrumbs, brush over with egg, and again roll in crumbs. Fry in hot Crisco to golden brown, then drain. Crisco should be heated until a crumb of bread becomes a golden brown in forty seconds. Serve hot decorated with parsley.

Sufficient for eight croquettes.

Potato Sausage

½ cupful Crisco
¼ lb. chopped onions
½ lb. cold boiled mashed potatoes
½ lb. breadcrumbs
Salt and pepper to taste
2 beaten eggs

Mix all ingredients thoroughly well together with wooden spoon, then form into sausages; tie each well in cloth, and boil exactly as a roly-

poly. If not to be eaten when newly cooked, put aside, and untie when wanted. This sausage is also good if oatmeal is added instead of breadcrumbs, or it may be made half oatmeal and half breadcrumbs.

Sufficient for twelve sausages.

Potatoes Sefton

1 tablespoonful Crisco
3 baked potatoes
Salt, pepper, and red pepper to taste
1 yolk of egg
1 tablespoonful cream
Chopped parsley
Watercress

Split potatoes in halves lengthways. Scoop out centers, rub them through a sieve, add seasonings, melted Crisco, yolk of egg, and cream. Beat well till light, then put mixture into forcing bag with tube, force into potato cases which should be dried. Heat in moderate oven. Sprinkle a little chopped parsley on top and serve decorated with watercress.

Sufficient for three potatoes.

Rice a la Maigre

4 tablespoonfuls Crisco
1 grated shallot
½ cupful boiled rice
4 chopped hard-cooked eggs
1 tablespoonful white sauce
1 raw egg
1 cupful thick tomato sauce
Salt, pepper, and paprika to taste
3 baked tomatoes
1 tablespoonful chopped parsley

Fry shallot in Crisco, then add rice, two of the hard-cooked eggs, white sauce, raw yolk of egg, and seasonings. Stir over fire till very hot, then turn out on to hot dish; pour over tomato sauce, sprinkle with parsley and garnish with remainder of eggs, and baked tomatoes.

Rhubarb Pudding

4 tablespoonfuls Crisco
4 tablespoonfuls sugar
2 eggs
1 lemon
½ cupful flour
1 cupful stewed rhubarb
½ teaspoonful salt
Few breadcrumbs

Crisco a pudding dish and dust it over with breadcrumbs. Put layer of breadcrumbs at bottom, then spread in rhubarb. Beat Crisco and sugar till creamy, beat in yolks of eggs, add grated rind of lemon, sift in flour and salt. Spread this mixture over rhubarb and bake in moderate oven twenty minutes. Beat up whites of eggs to stiff froth, add one tablespoonful of sifted sugar and half teaspoonful lemon juice. Drop in spoonfuls on top of pudding and return to oven to brown lightly.

Spanish Rice

½ cupful Crisco
½ cupful grated cheese
6 tablespoonfuls rice
1 can tomatoes
5 small onions
1 cupful hot water
Salt and red pepper to taste
¼ cupful chopped olives

Wash rice and put it in bowl, add Crisco, seasonings, cheese, hot water, tomatoes, olives, and onions cut in small pieces. Turn into a Criscoed fireproof dish and bake in moderate oven one hour, or until rice is tender.

Timbale Molds

1 teaspoonful melted Crisco
¾ cupful flour
1 egg
½ teaspoonful salt
½ cupful milk

Sift flour and salt into bowl, add egg well beaten, milk and Crisco. Beat five minutes then strain into cup. Have kettle of Crisco on fire and heat until cube of bread will become golden brown in sixty seconds. Heat timbale iron in hot Crisco, let stand two or three minutes, then drain and dip into batter to half inch of top of iron; submerge in Crisco and fry until batter is crisp and lightly browned. Remove from iron and drain on paper. If batter does not cling to iron, then iron is not hot enough. If Crisco sizzles considerably, and batter case spreads out and drops from the iron, mold is too hot. If iron is lowered too far into batter the case will come over top of iron and be difficult to remove. Creamed dishes of all kinds can be served in these cases. Cold custards, cooked vegetables, fruits or ices may be also served in the cases.

Sufficient for forty cases.

Vegetable Pie

¼ cupful melted Crisco
6 potatoes
2 carrots
1 parsnip
½ head celery
1 cupful peas
1 cupful sliced beans
2 onions
4 tomatoes
Pepper and salt to taste
Sufficient white vegetable stock to cover
1 teaspoonful powdered herbs

Peel and slice potatoes and partly boil them. Then prepare parsnip, carrots, celery and onions, and cook them for fifteen minutes. Grease large fireproof dish and place in all vegetables in layers, with herbs, Crisco, salt and pepper to taste. Pour in white stock, cover with layer of sliced potatoes and bake in moderate oven for one and a half hours.

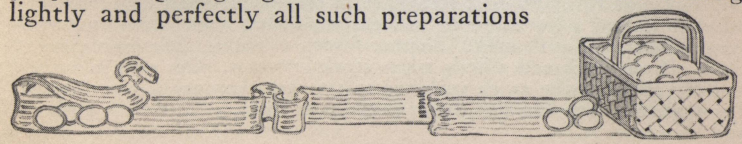
Sufficient for one large savory pie.

WHEN there is any doubt as to the freshness of eggs, they may be tested in various ways. Quite fresh eggs will sink in a strong brine, and as they become stale they remain suspended at different depths in the brine, until an absolutely stale egg will float. Successful preservation depends in a great measure upon the condition of the egg at the time of preserving. Different methods of preserving all aim at the same thing, namely, at coating the porous shell with some substance which will prevent the air entering and setting up decomposition. See page 30.

When used as food, eggs should be cooked at a low temperature—about 160° F., or if in the shell at about 180° F. The time varies with the size of the egg, from two and a half minutes for poaching a medium-sized egg to four and a half minutes for boiling a large one. If too much cooked, or at too high a temperature, the white becomes tough, hard, and to many people, indigestible.

When required for salads, garnishing, etc., the eggs must be boiled from ten to twenty minutes, and if the yolks are to be powdered for sprinkling, they must be cooked for a longer time, or the centers will be somewhat tough and elastic, and useless for the purpose.

In beating eggs, a little salt added to the whites helps to bring them to a froth more quickly. When frothed whites are to be mixed with a heavier or more solid substance, great care must be taken not to break down the froth. The object of beating being to mix in air, rough handling afterwards would render the beating useless; the mixing must therefore be done very carefully. They should be folded or wrapped up in the other substance, but the mixing also must be thorough, for any pieces of white separated from the rest will toughen and taste leathery, besides failing in the special purpose of giving lightness to the mixture. After mixing lightly and perfectly all such preparations



should be cooked at once. The white "speck" always should be removed from a broken egg, as it is easily distinguished after cooking, and in anything of a liquid nature, such as custards, sauces, etc., it would be hard and unpleasant.

Baked Omelet

1 tablespoonful melted Crisco
4 eggs
8 tablespoonfuls milk
½ teaspoonful cornstarch
2 tablespoonfuls water
Salt and pepper to taste

Beat eggs well, add milk and beat again, add Crisco, seasonings, and cornstarch mixed with water. Turn into a Criscoed fireproof dish and bake in moderate oven fifteen minutes. Serve hot.

Creole Eggs

3 tablespoonfuls Crisco
2 tablespoonfuls flour
8 hard-cooked eggs
2 cupfuls tomato pulp
Salt, pepper, and paprika to taste
1 small chopped onion
1 bay leaf
1 blade mace
2 cloves
2 tablespoonfuls chopped parsley
Pinch of powdered thyme
Slices of cooked ham
Breadcrumbs

Fry onion, pepper, and parsley in Crisco till tender; add cloves, thyme, bay leaf, and mace, cook three minutes, then stir in flour, and tomato pulp. Let mixture boil stirring all the time then strain. Quarter the hard-cooked eggs. Put layer of tomato sauce in Criscoed baking dish, then layer of ham, then eggs sprinkled with salt, pepper, and paprika, then sauce, ham, and eggs, last layer being sauce. Cover with breadcrumbs, dot with Crisco and bake ten minutes in moderate oven.

Curried Eggs

2 tablespoonfuls Crisco
6 hard-cooked eggs
1 small chopped onion
1 chopped sour apple
2 teaspoonfuls curry powder
1 lemon
4 chopped butternuts, or 6 chopped almonds
3 tablespoonfuls cornstarch
2 cupfuls milk
½ teaspoonful salt
Croutons

Boil eggs till hard, peel and place in cold water until required. Fry onion in Crisco a few minutes, add curry powder, apple, nuts, and cornstarch moistened with milk. Simmer fifteen minutes. Stir from time to time. If too thick add a little white stock or water. Cut eggs in halves, and lay them in the sauce with the salt to get thoroughly hot through. Put eggs into deep hot dish, strain sauce over them, garnish with croutons and lemon slices.

Egg Croquettes

2 tablespoonfuls Crisco
2 tablespoonfuls flour
¾ cupful milk
6 hard-cooked eggs
1 teaspoonful chopped parsley
½ cupful chopped cooked tongue or ham
Salt, pepper, and grated nutmeg to taste
1 egg
Breadcrumbs

Chop eggs and mix them with ham, parsley, and seasonings. Melt Crisco, stir in flour, then add the milk and boil three minutes stirring all the time. Now add egg mixture and if required add more seasoning. Cool mixture then divide it into nine portions and make each into a neat croquette; brush over with the egg beaten with a tablespoonful of water, roll in breadcrumbs and fry in hot Crisco. Drain and garnish with fried parsley. Crisco should be hot enough to brown breadcrumb in forty seconds.

Sufficient for nine croquettes.

Eggs with Cucumber

1 tablespoonful Crisco
3 eggs
1 large cucumber
½ cupful stock
1 tablespoonful tomato pulp
Salt and pepper to taste
1 cupful tomato sauce

Peel cucumber, cut off ends and divide rest into two-inch pieces. Remove center portion of each with a cutter or small spoon. Place them in a Criscoed pan with stock; cover with greased paper and cook in oven till just tender. Great care must be taken so as not to break the shapes. Break eggs into saucepan, add Crisco and tomato pulp; season nicely and stir over fire until creamy and just set. Place cucumbers on hot platter and fill cavities with eggs. Cover with thick tomato sauce, and serve hot.

Sufficient for five pieces.

Eggs with Tomatoes

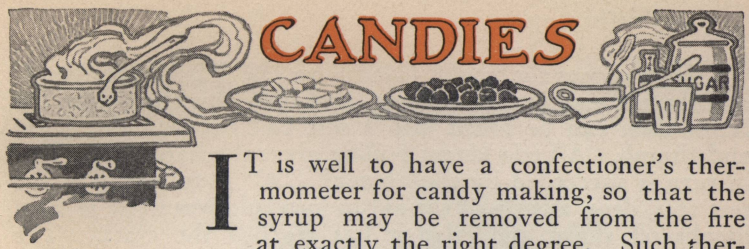
3 tablespoonfuls Crisco
4 even-sized tomatoes
8 rounds buttered toast
3 eggs
2 tablespoonfuls cream
1 tablespoonful chopped pimiento
Salt and pepper to taste
Parsley

Select ripe tomatoes but do not have them too large; remove stems and cut each in halves crossways; remove cores and pips, and fry lightly in two tablespoonfuls Crisco. Have rounds of buttered toast a little larger than tomatoes. Beat eggs in small saucepan, add cream, pimientos, rest of Crisco, seasonings, and stir over fire until creamy and just setting. Place each half tomato on round of toast, divide egg mixture into tomatoes, garnish with parsley and serve hot.

Savory Eggs

Crisco
6 eggs
4 tablespoonfuls chopped cooked chicken, ham or tongue
Salt and pepper to taste
2 tablespoonfuls chopped parsley
6 rounds fried toast

Crisco six small molds. Mix ham, parsley, and seasonings together, throw a little into each mold, shake it well round sides; break into each mold one egg, taking care not to break yolk, sprinkle with salt and pepper, and dot with Crisco. Steam four or five minutes, or until set. Turn out on rounds of fried toast and serve at once.



IT is well to have a confectioner's thermometer for candy making, so that the syrup may be removed from the fire at exactly the right degree. Such thermometers are made of wood, brass, or copper, and the degrees on them should mark not less than 350°. A thermometer always should be gently lowered into the boiling sugar. When not in use, it should be kept hanging on a nail or hook. When required for candy making, place thermometer in pitcher of warm water, so that it may rise gradually, and return it to the warm water on removing it from the hot candy. This dissolves the clinging candy and protects the tube from breaking. The wooden thermometer can be used to stir with, and is very easy to keep clean.

If there is no thermometer handy it is better to make a list of the various stages in sugar boiling, and learn how to test the sugar. First there is the "thread" (216° F. to 218° F.) This is reached when, on dipping the finger and thumb first into cold water and then into the syrup, you can draw them apart, and an unbroken thread is formed, which gradually can be drawn wider apart on further testing as the degree of boiling is completed.

The next is the "pearl" (220° F.) To see if the syrup has reached this stage, after the sugar has dissolved let it boil for eight to ten minutes, then dip a wooden skewer into the syrup to obtain a drop of it. Dip the finger and thumb into cold water, then rub the drop of syrup between them; if it feels smooth, the syrup has reached the desired stage. The next is the "blow" (230° F.) Dip a spoon into the sugar, shake it, and blow through the holes; if sparks of light or bubbles be seen, you may be sure of the blow. This is followed by the "feather" (235° F.) To test this, dip a spoon into the boiling syrup, and when it may be blown easily from the spoon in long shreds it has reached the right degree.

Next comes the "ball" (240° F. to 250° F.) Dip the finger and thumb first into cold water, and then into the syrup, the latter then can be rolled into a soft ball between the finger and thumb. A little longer boiling gives the hard ball. This in turn is succeeded by the "crack" (290° F. to 300° F.) To test this, drop a little of the syrup into cold water; if it then breaks off sharp and crisp it has reached the crack. The final stage is the "caramel" (350° F.) which comes very quickly after the crack, the syrup becoming first a pale yellow, and then a rich golden brown, and finally black or burnt. When it first reaches this stage the pan should be removed from the fire, a little lemon juice or water added, and then the whole reboiled to the proper stage or shade. To prevent granulation, it often is advisable to add a pinch of cream of tartar, to the pound of sugar.

Chocolate Fudge

1 cupful milk
Pinch of salt
2 squares (2 ozs.) chocolate
2 cupfuls sugar
1 tablespoonful Crisco
1 teaspoonful vanilla extract

Put Crisco, milk, sugar, salt, and chocolate into saucepan, and stir and boil until it forms a soft ball when tested in cold water, or 240° F. Remove from fire, add extract, allow to stand a minute, and beat until creamy. Pour into Criscoed tin and mark off into squares.

Clear Almond Taffy

4 cupfuls sugar
1 cupful Crisco
Pinch cream of tartar
1 cupful water
2 cupfuls almonds
½ teaspoonful almond extract
¼ teaspoonful salt

Blanch, split, and bake almonds to golden brown. Crisco a tin, and sprinkle almonds on it split side down. Dissolve sugar and water together in saucepan, add Crisco, salt, and cream of tartar, and boil until when tested in cold water it will be brittle, or 300° F. Add almond extract and pour over nuts. When firm, cut in squares.

Sufficient for one large pan.

Cocoanut Caramels

1 cupful desiccated cocoanut
2 tablespoonfuls glucose
1 lb. brown sugar
¾ cupful Crisco
1 cupful milk
1 cupful cream
1 teaspoonful rose extract
1 teaspoonful almond extract
¼ teaspoonful salt

Soak cocoanut in milk for twenty minutes, then put it into a saucepan with sugar, glucose, salt, and one-third of the Crisco, add second third of Crisco when it forms heavy thread, or registers 230° F., add third piece

of Crisco, cream and extracts, when it again reaches 230° F. When it reaches the hard ball stage or 250° F., turn at once into a Criscoed tin. Cut when half cold. When all are cut, wrap each caramel in waxed paper.

Crisco Drops

½ cupful golden syrup
4 tablespoonfuls Crisco
¼ cupful water
¼ teaspoonful salt
½ teaspoonful vanilla extract

Put Crisco, golden syrup, water, and salt into saucepan and boil until it is almost brittle when tested in cold water, or 290° F., then add vanilla. Allow to cool down, and then drop on to Criscoed tin.

Sufficient for twenty drops.

Cream Candy

½ cupful water
2 cupfuls brown sugar
3 tablespoonfuls Crisco, melted
1 teaspoonful orange extract
¼ teaspoonful salt

Dissolve sugar in water in saucepan over fire, and boil until it spins a heavy thread, add Crisco and salt and boil until it forms a soft ball when tested in cold water, or 240° F. Remove pan from fire, add orange extract, allow to stand five minutes, then stir until the syrup begins to "grain." Pour quickly into wet tin. When half cold, mark into squares; leave till following day in a cool place; then break up. Keep in airtight tins.

Sufficient for twenty small squares.

Crisco Fruit Fudge

2 cupfuls sugar
1 cupful milk
2 tablespoonfuls cocoa
2 tablespoonfuls Crisco
1 teaspoonful vanilla extract
1 teaspoonful lemon extract
½ cupful chopped English walnut meats
½ cupful sultana raisins
2 tablespoonfuls cream
Pinch of salt

Put Crisco, sugar, cocoa, salt, and milk into saucepan, and stir till it boils to 240°, or until it forms a soft ball when tested in cold water. Remove from fire, add raisins, cream, nut meats, and extracts, and beat mixture until thick and creamy. Put back on stove, and heat, stirring constantly until melted, then pour into Criscoed tins. When partly cool mark into neat squares.

Sufficient for thirty squares.

Everton Taffy

1 gill water
2 cupfuls brown sugar
4 tablespoonfuls Crisco
1 teaspoonful vanilla extract
Pinch cream of tartar
¼ teaspoonful salt

Put sugar and water into saucepan; stir occasionally until it boils; then add cream of tartar. Put cover on pan and boil five minutes, add

Crisco and salt and boil until, when tried in cold water it will snap, or 300° F. Add vanilla and pour into Criscoed tin. Mark in squares when half cold, and break up when quite cold. Wrap in waxed paper.

Fig Fudge

Pinch cream of tartar
¼ lb. chopped figs
1 lb. brown sugar
Pinch salt
1 tablespoonful Crisco
1 cupful water
1 teaspoonful lemon extract

Wash and dry figs, then chop them. Put sugar and water into saucepan, and dissolve, add Crisco and cream of tartar, and when it boils, add figs, and boil to a soft ball when tried in cold water, or 240° F., stirring all the time. Remove pan from fire, add lemon extract and salt, cool five minutes, then stir until it begins to grain, and quickly pour into Criscoed tin. When half cold mark in squares.

Honey Squares

1 cupful strained honey
1 cupful brown sugar
2 tablespoonfuls Crisco
½ cupful cream
¼ teaspoonful salt
Pinch cream of tartar
1 teaspoonful lemon extract

Put Crisco, salt, honey, cream and sugar into saucepan; stir over slow fire until dissolved, then add cream of tartar. Boil until it forms a hard ball when tested in cold water, or 252° F. Remove from fire, stir in lemon extract, and pour into Criscoed tin. Mark into squares before cold. Wrap in waxed paper.

Sufficient for twenty-five squares.

Maple Candy

1 cupful maple sugar
½ cupful brown sugar
1 tablespoonful Crisco
¼ teaspoonful salt
1 teaspoonful vanilla extract
1 cupful water

Dissolve sugars in water in saucepan over fire, when boiling add Crisco and salt and boil until it hardens when dropped in cold water, or 258° F. Remove from fire and add vanilla. Pour into Criscoed tins. When half cold mark into squares. Wrap in waxed paper.

Molasses Candy

2 cupfuls brown sugar
¼ cupful molasses
5 tablespoonfuls Crisco
¼ teaspoonful salt
1 gill water
1 teaspoonful vanilla extract

Dissolve sugar in water in saucepan over fire, then add Crisco, molasses, and salt and boil until when tested in cold water it forms a hard ball, or 254° F. Now add vanilla and pour into Criscoed tin. When quite cold break into rough pieces.

Peanut Fudge

2 cupfuls brown sugar
2 tablespoonfuls Crisco
1 cupful milk
¼ teaspoonful salt
1 cupful chopped peanuts
1 teaspoonful vanilla extract

Boil milk, sugar, Crisco, and salt until it forms a soft ball when tested in cold water, or 240° F. Remove from fire, add nuts and vanilla, beat until creamy. Pour into Criscoed tins, and when cool cut into cubes.

"Now, good digestion wait on appetite and health on both."

A Calendar of Dinners

January 1

**Black Bean Soup*
Roast Leg of Mutton, Currant Jelly
Stewed Tomatoes Baked Sweet Potatoes
Macedoine Salad
Cheese Straws
Fruit Cake Coffee

**Black Bean Soup*—2 cups black beans, 3 tablespoons Crisco, 1 onion, 1 lemon, 2 quarts stock or water, 2 stalks celery, 2 hard-cooked eggs, 1½ tablespoons flour, 3 cloves, 1 tablespoon Worcestershire sauce, salt, pepper, red pepper, and mustard to taste.

Wash beans and soak over night; in morning drain, cover with boiling water and boil 30 minutes; drain, throwing away water. Slice onion, dice celery, and cook 5 minutes in half of Crisco in soup pot; add beans, stock or water, and cloves. Simmer until beans are soft, add more water as stock or water boils away. Rub through sieve, add remaining Crisco and flour rubbed together, then heat to boiling point, add seasonings. Cut lemon in thin slices, removing seeds, and cut eggs in thin slices. Put them into a hot soup tureen, and strain soup over them.

January 2

Palestine Soup
**Jugged Hare, Red Currant Jelly*
Brussels Sprouts Potato Puff
Endive Salad
Cheese Fingers
Vanilla Souffle Coffee

**Jugged Hare*—1 hare, 1 cup Crisco, 1½ pounds gravy beef, 1 onion, 1 lemon, 6 cloves, 1 cup port wine, few forcemeat balls, salt, red pepper and pepper to taste.

Skin, paunch and wash hare, cut it into pieces, dredge with flour, and fry in hot Crisco. Have ready 1½ pints gravy, made from beef, and thickened with flour. Put this into jar; add pieces of fried hare, onion stuck with cloves, lemon peeled and sliced, and seasonings; cover jar tightly, put into saucepan of boiling water, and let it stew until hare is quite tender, taking care to keep the water boiling. When nearly ready pour in wine, add forcemeat balls, and allow to cook 10 minutes. Serve with red currant jelly.

For forcemeat balls, mix together in basin, 2 tablespoons Crisco, 4 tablespoons crumbs, 1 tablespoon chopped

parsley, ¼ teaspoon poultry seasoning, ½ teaspoon grated lemon rind, seasoning of salt, pepper, red pepper, and paprika, and 1 beaten egg, form into small balls, roll in flour, and add to hare.

January 3

**Lobster Bisque* *Toasted Crackers*
Olives *Celery* *Pickles*
Roast Pigeons *Sweet Potatoes*
Fried Hominy
Lettuce Salad *Cheese Balls*
Lemon Meringue Pie *Coffee*

**Lobster Bisque*—4 tablespoons flour, 3 tablespoons Crisco, 1 tablespoon salt, 1 head celery, 2 lobsters, 1 small onion, 6 whole white peppers, 4 sprigs parsley, 1 quart milk, white pepper to taste.

Cover lobsters with boiling water, add salt, celery diced, whole peppers, parsley and onion. Cook until lobsters' claws can easily be pulled apart; it will probably take 25 minutes. When cool enough to handle, cut lobsters down back, remove meat from body and claws. Save coral. Put back all tough parts with small claws and shells, and cook for 20 minutes in same liquor. Liquor must be considerably reduced. Dry coral, rub through sieve. Blend Crisco and flour in saucepan over fire, stir in milk, let this come to boil, add 2 cups of strained lobster broth. Bring to boiling point, season with salt and pepper, and stir in sifted coral enough to give liquid bright pink color. Place lobster meat cut in fine pieces in hot tureen, pour hot mixture over and serve hot.

January 4

Lentil Soup
Roast Loin of Pork, Apple Sauce
Potato Balls *Artichokes, a la Creme*
**Orange Salad* *Cheese Fingers*
Pineapple Pudding *Coffee*

**Orange Salad*—1 tablespoon brandy, 1 tablespoon melted Crisco, ½ teaspoon sugar, 1 teaspoon chopped tarragon, 1 teaspoon chopped chervil, and 6 oranges.

Cut peel from oranges, carefully removing all pith, cut out pulpy pieces in each of natural divisions so that there is no skin of any kind or pips taken out with pieces fruit, sprinkle over these pieces tarragon, chervil, melted Crisco, brandy and sugar. This salad should be placed on ice if possible 1 hour before serving.

January 5

Cheese Canapes
Julienne Soup *Bread Sticks*
**Roast Stuffed Chicken, Brown Gravy*
Creamed Cauliflower *Potato Croquettes*
Olive Salad *Cheese Relish*
Pistachio Ice Cream *Coffee*

**Roast Stuffed Chicken*—6 tablespoons breadcrumbs, 2 tablespoons Crisco, 2 tablespoons chopped cooked ham, 1 beaten egg, 1 teaspoon chopped parsley, 1 chicken, 2 tablespoons milk, seasoning red pepper, white pepper, salt, powdered mace and herbs to taste.

Clean and draw chicken. Melt Crisco, add it to crumbs, ham, egg, parsley, milk, and seasonings; mix and place in breast of fowl. If young chicken leave on feet, which should be scalded and skinned; if an older bird, cut off legs half-way to first joint, turn back pinions, run skewer through them, catching top part of legs; tie bottom part of legs together. Set in hot oven from ¾ to 1¼ hours, according to size; baste well with melted Crisco, and about 15 minutes before it is finished dredge with flour and brown. To make brown gravy, pour from tin fat, sprinkle in 2 teaspoons browned flour, then add 1 cup boiling water, containing ½ teaspoon extract beef, salt and pepper; allow this to boil 3 minutes, strain over chicken, or serve in sauceboat.

January 6

Oyster Cocktail
Fried Cod Steaks
Potatoes au Gratin **Stewed Tomatoes*
Cold Slaw *Cheese Wafers*
Cocoanut Pudding *Coffee*

**Stewed Tomatoes*—1 can tomatoes, 2 tablespoons Crisco, 1 cup breadcrumbs, seasoning salt, pepper and paprika.

Empty tomatoes into double boiler, add breadcrumbs, salt, pepper, and paprika, and cook slowly for ½ an hour, stirring from time to time. Just before serving add Crisco and stir till melted. While the tomatoes will be ready with ½ hour's cooking, they are improved by cooking 1 hour, and are better still if warmed again after cooling.

January 7

Clam Cocktail
Boiled Salmon with Parsley Butter
Roast Duck, Olive Sauce
and Fried Hominy
Riced Potatoes *French Peas*
Creamed Salsify *Celery Mayonnaise*
**Cheese Ramekins*
Banbury Tarts *Coffee*

**Cheese Ramekins*—4 tablespoons flour, 3 tablespoons Crisco, ½ cup milk, 3 whole eggs, 1 white egg, salt, white pepper, and red pepper to taste, and ½ cup grated cheese.

In saucepan, mix Crisco and flour over fire, when smooth stir in milk, and cook until thick, add seasonings; mix well. Remove pan from fire, add yolks eggs 1 by 1, mix each thoroughly, then mix in cheese, and fold in stiffly beaten white egg. Pour into Criscoed ramekins, and bake in hot oven 15 minutes. Serve hot.

January 8

Cherry Cocktail
Corn Soup *Crisp Crackers*
Pot Roast with Dumplings
Lettuce and Radish Salad
**Cheese Biscuits*
Spice Jelly *Coffee*

**Cheese Biscuits*—4 teaspoons flour, 6 tablespoons grated Parmesan cheese, 3 tablespoons Crisco, 1 yolk of egg, 2 teaspoons cold water, salt and red pepper to taste.

Mix flour and cheese; add salt and red pepper to taste. Rub in Crisco lightly. Mix yolk egg with water; add enough of these to mix flour, etc., to stiff paste. Knead till smooth on floured board, then roll out and cut into biscuits with small cutter; lay on Criscoed tin and bake in quick oven 8 to 10 minutes, or until they are a delicate biscuit color. They require to be carefully watched, as they burn easily. Parmesan cheese is best, but other dry kinds can be used. The biscuits are brittle, so always prepare more than are actually required. They rewarm well with care.

January 9

Vermicelli Soup
**Beef Loaf, Tomato Sauce*
Mashed Potatoes *Baked Squash*
Apple and Celery Salad
Cheese Wafers
Mince Pie *Coffee*

**Beef Loaf*—2 pounds lean meat, 3 tablespoons Crisco, ¼ pound salt pork, 1 cup cracker crumbs, 3 beaten eggs, 1 teaspoon onion juice, 1 tablespoon lemon juice, 1 cup beef stock, salt and pepper to taste.

Wipe meat, remove all skin and membranes, then put it through meat grinder, add Crisco melted, eggs, crumbs, onion juice, lemon juice, stock and seasonings. Press into greased pan and cover. Bake 1 hour. Baste occasionally during baking with melted Crisco.

January 10

Cream of Carrot Soup
Pickles *Celery* *Olives*
**Beef Steak and Kidney Pie*
Baked Potatoes *Scalloped Onions*
Cauliflower Salad
Cheese *Crackers*
Lemon Snow *Coffee*

**Beef Steak and Kidney Pie*—2 pounds lean steak, 4 sheep's kidneys, some melted Crisco, salt and pepper to taste, 1 tablespoon Worcestershire sauce, and some pie crust.

Cut steak very thinly and dip it in melted Crisco, then in flour seasoned with salt and pepper. Roll up pieces of steak and lay them in fireproof baking dish. Skin kidneys, cut them in thin slices, leaving out fat in middle kidney; dip them also in season-

ings and lay them on top of meat. Sprinkle in Worcestershire sauce and fill up dish with water. Roll pastry rather larger than size required for dish. Wet edge of dish and put narrow band of paste round; wet band, place on it remainder of paste, which cut to size of dish, then pinch edges, and brush over with beaten egg. Make large hole in top and into this put ends some leaf-shaped pieces of paste, with an ornament in center; brush leaves over with egg and bake in hot oven 1½ hours.

January 11

Tomato Bisque
Pickled Peaches *Celery*
**Roast Rabbit, Currant Jelly Sauce*
Hominy Squares
Riced Potatoes *Boiled Onions*
Cranberry Salad
Apricot Tapioca
Coffee

**Roast Rabbit*—6 tablespoons breadcrumbs, 3 tablespoons chopped cooked ham, 3 tablespoons Crisco, 1 tablespoon chopped parsley, 1 teaspoon grated lemon rind, ½ teaspoon powdered herbs, 3 chopped mushrooms, three beaten eggs, 1 rabbit, salt, pepper, and red pepper to taste. Beat up eggs, add mushrooms, Crisco, ham, breadcrumbs, parsley, and seasonings, and mix well. Wipe rabbit, and season inside with pepper, salt, and powdered cloves. Lay forcemeat inside rabbit and sew top; skewer head back and legs on each side; roast 1 hour, basting well with melted Crisco. Serve hot with currant jelly sauce.

January 12

Clear Soup
Roast Duck, Plum Jelly
Mashed Turnips **Potato Croquettes*
Apple Salad
Hot Cheese Wafers
Grape Fruit Jelly *Coffee*

**Potato Croquettes*—2 pints mashed potatoes, 2 eggs, 2 tablespoons Crisco, 1 tablespoon chopped parsley, salt, pepper, and red pepper to taste.

Mash potatoes by rubbing them through wire sieve with back of wooden spoon; dissolve Crisco, add it to potatoes with 1 of eggs well beaten and seasonings. Mix and divide into 10 or 12 pieces, form them into neat croquettes, brush over with remaining beaten egg, toss in breadcrumbs, and fry in hot Crisco.

January 13

Oysters on Half Shell
Radishes *Pickled Pears*
**Mutton Cutlets*
Potato Balls *Chestnut Puree*
Lettuce, French Dressing
Pineapple Bavarian Cream
Cakes *Coffee*

**Mutton Cutlets*—Slit 1 pound chestnuts, place in hot oven to loosen skins, shell and take off inner skin. Place in saucepan with gravy to cover and ½ teaspoon salt. Boil until tender, then drain and rub through sieve. Chop fine 2 slices ham, add 2 tablespoons Crisco with ¼ pound chestnut puree, season with salt, pepper and red pepper. Add 1 egg yolk and mix. Trim 8 cutlets, make ¼ cup Crisco hot in frying pan, cook cutlets 1 minute on right side only, then arrange them flat on dish, cover with another with weight on top, leave until cold. Spread puree over cooked side of cutlets, brush with beaten egg and cover with breadcrumbs. Fry on both sides, and place in oven 5 minutes. Dish in circle on mashed potatoes; fill center with fried potato balls and sprinkle with chopped parsley. Serve with gravy.

January 14

Cream of Cheese Soup
Celery *Olives*
**Codfish Balls*
Baked Potatoes
Baked Macaroni and Peas
Spinach Salad
Cheese Relish *Fig Pudding*
Coffee

**Codfish Balls*—2 cupfuls mashed potatoes, 1½ cupfuls shredded codfish, 1 egg, 1 tablespoonful Crisco, melted,

⅛ teaspoonful pepper. Put codfish in wire strainer, let cold water run through and squeeze dry. Mix the hot, unseasoned potatoes with codfish. To this add the melted Crisco, beaten egg and pepper. Beat well. Shape in balls and fry in deep Crisco until a golden brown color.

January 15

Vegetable Soup
Pickled Beets Celery Olives
Sauted Chicken, Brown Gravy
**Candied Sweet Potatoes*
Lettuce and Green Pepper Salad
Plum Pudding, Hard Sauce
Coffee

**Candied Sweet Potatoes*—12 sweet potatoes, 1 cup boiling water, brown sugar, ¼ cup Crisco, salt, pepper, and powdered cinnamon. Pare and parboil potatoes, cut in halves, boil 10 minutes, drain, lay in greased baking dish. Spread with Crisco, sprinkle with brown sugar, salt, pepper, and powdered cinnamon, pour in boiling water and cook until tender. Baste often with sauce in pan while cooking. The cinnamon may be omitted.

January 16

**Lettuce Cocktail*
Cream of Spinach Soup
Broiled Hamburg Steak
Baked Potatoes Brussels Sprouts
Pineapple Salad
Cheese Balls
Urney Pudding
Coffee

**Lettuce Cocktail*—1 crisp head of lettuce, 4 tablespoons tomato catsup, 2 tablespoons Crisco, 2 tablespoons Worcestershire sauce, 4 hard-cooked eggs, 4 tablespoons vinegar, 3 tablespoons sugar, 4 small onions, and salt to taste.

Cut lettuce fine with scissors and shred eggs and onions. Melt Crisco, when cool, add tomato catsup, Worcestershire sauce, sugar, vinegar and salt. At serving time pour this sauce over lettuce, eggs and onions. Serve very cold in cocktail glasses.

January 17

Prune Cocktail
**Brown Fricassee of Chicken*
Boiled Rice Baking Powder Biscuit
Apple and Celery Salad
Mince Pie
Coffee

**Brown Fricassee of Chicken*—Draw, singe, and joint chicken. Put 4 tablespoons Crisco in saucepan; when brown, put in chicken. Stir until every piece is nicely browned, then add 2 tablespoons flour, stir again, add 1 pint boiling water or stock, stir until it boils; add 1 teaspoon of salt. Cover, and let simmer gently until tender, then add 1 teaspoon onion juice, and little black pepper. Put neck-piece, heart, liver, gizzard, and back pieces in center of dish; put 2 pieces of breast on top, second joints on one side of plate, legs crossed on other, and wing at each end of plate. Pour sauce over, sprinkle with chopped parsley, and serve.

January 18

Broiled Halibut
Maitre d'Hotel Potatoes
**Escalloped Tomatoes*
Lettuce, French Dressing
Pumpkin Pie Cheese Squares
Coffee

**Escalloped Tomatoes*—Drain juice from 1 can tomatoes. Brush baking dish over with Crisco, and cover bottom with tomatoes; dot with Crisco, dredge with pepper and salt, and sprinkle generously with breadcrumbs; arrange another layer of tomatoes, and crumbs, and so proceed until dish is filled. Pour over all enough of juice of tomatoes to moisten well, and then finish dish with covering of crumbs. Bake 20 minutes in moderate oven.

January 19

Consomme with Vermicelli
Grated Parmesan Cheese
Fried Oysters, Sauce Tartare
**Mushrooms Cooked Under Glass Bells*
Supreme of Chicken
Asparagus, Cream Glacé
Orange Ice *Coffee*

**Mushrooms Cooked Under Glass Bells*—Saute ½ pound of peeled mushroom caps in 3 tablespoons Crisco, season with salt and paprika, add 1 cup of cream, cover and let simmer until reduced a little. Arrange mushrooms on round of bread in mushroom dish, pour liquid over, cover with glass bell and bake 20 minutes in moderate oven. Send to table without removing glass, which confines delicate flavor and aroma of mushrooms.

January 20

Clam Chowder
Rolled Beefsteak, Peanut Butter Sauce
Succotash *Boiled Onions*
**Cream Cheese and Pimiento Salad*
Baked Custard *Lady Fingers*
Black Coffee

**Cream Cheese and Pimiento Salad*—Wash and dry 1 can pimientoes. Fill them with creamed cheese. Chill, slice and serve on crisp lettuce leaves with following dressing: Mix ½ tablespoon salt, ½ tablespoon mustard, ¾ tablespoon sugar, and 1 tablespoon flour, and when thoroughly blended, add 2 egg yolks, slightly beaten, 3 tablespoons melted Crisco, ¾ cup milk, and ¼ cup vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Strain and cool.

January 21

**Cream of Lettuce Soup*
Roast Shoulder of Mutton, Caper Sauce
Mashed Potatoes *Baked Squash*
Celery Salad *Cheese Wafers*
Apple Tapioca *Coffee*

**Cream of Lettuce Soup*—3 cups white stock, 2 heads lettuce, 2 tablespoons cooked rice, ½ cup cream, ¼ tablespoon onion, finely chopped, 1 tablespoon Crisco, yolk 1 egg, nutmeg, salt and pepper to taste. Remove outer leaves from lettuce and shred it. Cook onion 5 minutes in Crisco, add lettuce, rice, and stock. Add cream, yolk egg slightly beaten, nutmeg, salt, and pepper to taste.

January 22

Filleted Anchovies with Lemon
Celery *Ripe Olives*
Salted Pistachio Nuts
Consomme, a la Royale
** Halibut Turbans*
Roast Goose, Apple Jelly
Potato Puff *Mashed Turnip*
Endive and Roquefort Cheese Salad
Coupe St. Jacques *Coffee*

** Halibut Turbans* — Have 4 slices halibut cut ½ an inch thick; remove skin and bone, thus securing 16 fillets. Dip in melted Crisco; squeeze over juice of 1 lemon, little onion juice and sprinkle with salt and pepper. Commencing with the widest end, roll each fillet into a "turban" and fasten by running through each Criscoed wooden skewer. Bake 20 minutes, basting with hot stock, or Crisco melted in hot water. Arrange crown shape on serving dish. Fill the center with boiled potato-balls, dressed with salt, Crisco, and chopped parsley. Serve with Hollandaise sauce.

January 23

Barley Soup *Corned Beef*
**Ladies' Cabbage* *Fried Celery*
Beet Salad
Cheese *Crackers*
Arrowroot Pudding with Stewed Fruit
Coffee

**Ladies' Cabbage*—Cut small, hard head cabbage into halves; remove core and harder portions, chop remaining part quite fine. Throw this into kettle of boiling salted water, boil uncovered for 30 minutes; drain in colander. Put cabbage back in saucepan, add 2 tablespoons Crisco, 1 tablespoon flour; dust flour over cabbage; stir carefully with wooden spoon, and add ½ pint of milk, ½ teaspoon of

salt and 1 saltspoon of white pepper. Stand this on back part of stove to simmer 10 minutes; send to table.

January 24

Blue Points *Brown Bread Sandwiches*
Broiled Squabs
Potato Croquettes
**Cauliflower au Gratin*
Asparagus Salad
Cheese Fingers
Spanish Cream
Coffee

**Cauliflower au Gratin*—Boil 1 large cauliflower, drain it, and break sprigs apart. Arrange in layers in Criscoed baking dish, sprinkling each layer with cheese, seasoning it with pepper and salt, and little melted Crisco. When dish is filled pour on 1 cup white sauce, sprinkle top with crumbs and cheese, and let bake 15 minutes to brown.

January 25

Sardines on Toast, Caper Sauce
**Risotto* *Peas*
Fried Canned Tomatoes
Lettuce and Hard-Cooked Eggs
Jellied Prunes *Whipped Cream*
Gold Cake
Coffee

**Risotto*—½ pound rice, 1 small onion, 4 tablespoons Crisco, ¼ cup grated Parmesan cheese, ½ pint tomato sauce, about 1 pint good stock, salt, pepper, nutmeg, and ½ teaspoon saffron.

Wash rice in several courses of water, drain and dry. Peel and chop onion. Melt Crisco in stewpan; when hot add onion, fry over gentle fire until light fawn color, then add rice; shake pan over fire for a few minutes, so as to fry rice a little. Next add seasoning, salt, pepper, nutmeg, and saffron; moisten with little stock, and add more as rice begins to swell. When stock is used up, gradually add sauce. When rice is tender mix in grated cheese. It is then ready to serve. In preparing this dish remember that rice should be well done, and should be neither too dry nor too moist.

January 26

Onion Soup
Roast Chicken, Chestnut Stuffing, Giblet Sauce
Cranberries *Celery au Jus*
Baked Macaroni with Cheese
**Grapefruit Salad*
Burnt Almond Ice Cream
Coffee

**Grapefruit Salad*—Take out inside of grapefruit, and cut edge of shell into points; slice meat of fruit with 2 oranges, 1 cup pineapple, 1 cup cherries, ½ cup chopped nut meats, 1 diced apple, the juice of 1 lemon, and 3 tablespoons powdered sugar; fill shell, and serve with following dressing:

Beat yolks 2 eggs until creamy, then add to them ½ teaspoon dry mustard and same quantity salt. Next beat in slowly 4 tablespoons melted Crisco and 6 tablespoons hot vinegar. Cook in double boiler until it thickens. When cold, and just before serving, 1 cup of cream, sweet or sour, may be folded in.

January 27

Shrimp Cocktail
**Salmon Croquettes, Tomato Sauce*
French Peas *Mashed Potatoes*
Pickled Mangoes
Cottage Pudding, Maple Sauce
Coffee

**Salmon Croquettes*—1 pound can salmon, ½ teaspoon salt, red pepper to taste, ¼ cup crackercrumbs, ½ teaspoon grated onion, 1 well beaten egg, 1 tablespoon Crisco, and 1 tablespoon chopped parsley.

From 1 can salmon, opened neatly, take fish and chop it fine; add salt and pepper, Crisco, parsley and crackercrumbs; moisten it with the egg and mix well, turn out upon dish; then roll into cones, dip these in beaten egg seasoned with salt and pepper, roll in breadcrumbs. Fry in deep Crisco until delicate brown, drain them a moment, arrange neatly on hot dish and serve with tomato

sauce. The Crisco should be heated until crumb of bread becomes golden brown in 40 seconds.

January 28

**Croutes, a la Marie*
Oyster Balls, Horseradish Sauce
Potato Souffle
Baked Cucumbers
Nut and Celery Salad
Chocolate Bavarian Cream
Coffee

**Croutes, a la Marie*—Pass 1 small tureen foie gras through fine wire sieve. Put in basin, add 1 teaspoon Crisco, pepper and salt to taste, and then stir in gently ½ a gill cream. Pipe with a star tube on to round croute of short crust; garnish with pimientoes cut in strips and whipped cream.

January 29

Lobster Canapes
Cream of Oyster Soup *Crackers*
Olives *Celery*
Planked Shad, Roe Sauce
Duchess Potatoes
Cucumbers, French Dressing
**Cabinet Pudding*
Coffee

**Cabinet Pudding*—8 stale lady fingers, 12 macaroons, 3 tablespoons cherries, currants, and citron peel chopped fine, 1 tablespoon sugar, 3 eggs, 1 pint milk, 2 teaspoons Crisco, and vanilla extract.

Decorate bottom of mold with some fruit, lay row macaroons round edge of bottom. Cut ladyfingers into pieces, mix with fruit and loosely fill mold. Beat eggs with little cold milk, and 2 teaspoons Crisco, scald remainder of milk, and pour on to eggs, beating at the same time. Sweeten and flavor to taste. Gently pour this into mold. Cover with Criscoed paper and place in steamer to cook until set. This will take ¾ of an hour. Let pudding stand 1 minute or 2 before turning out. Serve with custard sauce.

January 30

**Croutes, a la Rosamonde*
Roast Tenderloin of Pork
Sweet Potatoes, Southern Style
Spinach, a la Creme
Parmesan Cheese
Apple Salad
Cranberry Pie
Coffee

**Croutes, a la Rosamonde*—Take some small round tomatoes, and cut in slices ¼ inch thick. Lay in dish and sprinkle with melted Crisco, vinegar, pepper and salt. Then make some round croutes of short paste little larger than tomato; place 1 slice tomato on each, 1 rolled fillet anchovy on top, and garnish with 1 hard-cooked egg yolk and small piece white endive.

January 31

Spinach Soup
**Irish Stew* *Baked Macaroni*
Onion and Lettuce Salad
Cheese Puffs
Golden Parfait
Coffee

**Irish Stew*—1 pound middle neck mutton, 2 pounds potatoes, 4 onions, 1 tablespoon Crisco, bunch of herbs, pepper and salt, 1 tablespoon flour, 1 teaspoon chopped parsley, and cold water.

Put Crisco into saucepan with mutton which should be cut into small pieces. Peel and quarter onions, and put them in saucepan, add herbs and barely cover with cold water. Peel potatoes, choose small ones and do not cut them up, and lay over meat, sprinkle little salt and pepper on potatoes and bring to boil. Then add flour and stand saucepan where it will stew gently 2 hours. Take out herbs, season to taste with salt and pepper. Dish up meat in circle on flat dish, put potatoes and onions in center, leaving 1 potato in saucepan, to mash and thicken the gravy a little, pour gravy over stew, and sprinkle with parsley. Inferior cuts of mutton can be used advantageously for this dish,

such as scrag-end or breast of mutton; the bones and gristle with long stewing give a nice flavor to the dish.

February 1

**Braised Loin of Mutton with Mushrooms*
Boiled Potatoes
Spinach Garnished with Hard-Cooked Eggs
Spiced Currants
Carrot Salad *Coffee Jelly*
Coffee

**Braised Loin of Mutton with Mushrooms*—3 pounds loin mutton, 1 stalk celery, ½ teaspoon whole peppers, 1 bunch of sweet herbs, 2 tablespoons Crisco, pepper, salt, red pepper, 1 turnip, 1 carrot, 2 or 3 cloves, sprig of parsley, and 2 tablespoons flour.

Remove bone from mutton, thoroughly rub it with salt, pepper, and red pepper; roll up and tie into roll; cut up celery, onion, carrot, and turnip, and lay them at bottom of stewpan with sweet herbs and parsley; lay mutton on top of these, and pour round enough water to 3 parts cover it, simmer slowly 1½ to 2 hours; lift mutton into dripping tin with few tablespoons gravy; set in brisk oven until brown; strain gravy and skim off fat, put Crisco into saucepan, and when brown, add flour, and brown also; then add gravy gradually, little pepper and salt, and 1 dozen button mushrooms, skinned; boil 8 minutes; dish mutton with mushrooms round, and gravy strained over.

February 2

**Artichoke Soup*
Fried Fillets of Fish, Sauce Tartare
Riced Potatoes
Onions Stuffed with Nuts
Egg Salad *Toasted Cheese*
Russian Charlotte
Coffee

**Artichoke Soup*—2 pints white stock or water, 1 pint milk, 2 pounds Jerusalem artichokes, 2 onions, 1 bay leaf, 1 strip celery, 2 tablespoons Crisco, pepper and salt to taste.

Wash artichokes, put 1 tablespoon vinegar into basin of water and keep artichokes in it as much as possible while paring them, to preserve their whiteness. Cut onions, bay leaf, celery, and artichokes into slices, melt Crisco in stewpan, fry vegetables 10 or 15 minutes without browning; then pour in stock and boil until tender. Rub through fine sieve, return to saucepan, add milk and seasoning, bring to boil and serve.

When a thicker soup is desired 1 dessertspoon of cornstarch, flour, or a mashed potato should be blended with little milk or stock, and added to soup a few minutes before serving.

February 3

Consomme du Barry
Roast Ribs of Beef
**Franconia Potatoes*
Corn Cakes
Mashed Turnips
Radish Salad
Marshmallow Pudding
Coffee

**Franconia Potatoes*—Pare 10 medium-sized potatoes; parboil five minutes. Place on grate under roast ribs of beef. Baste with melted Crisco, and bake from 20 to 30 minutes, turning often.

February 4

Steamed Oysters
Lambs' Tongues, Tremont Style
Browned Potatoes
**Anchovy Fritters* *Romaine Salad*
Madeira Jelly
Coffee

**Anchovy Fritters*—Pound yolks 2 hard-cooked eggs with ½ dozen bottled anchovies, 1 teaspoon capers 4 tablespoons Crisco and 4 tablespoons grated Parmesan cheese. Rub all through fine wire sieve and add yolk 1 raw egg and 1 tablespoon breadcrumbs. Season with pepper and with salt if it is needed.

Form paste into small balls, roll first in breadcrumbs, then in egg and again in crumbs, and drop into hot Crisco. Serve on napkin with grated Parmesan

cheese. The recipe as here given may be doubled, and "redoubled" as many times as it is thought the demand for fritters will warrant.

February 5

Broiled Smelts
Chicken, a la Florentine
Brussels Sprouts with Cheese
Spanish Salad *Cheese Loaf*
**Date Souffle*
Coffee

**Date Souffle*—Stone and chop ½ pound dates and cook them in ½ cup boiling water, mashing until smooth. Add 1 tablespoon melted Crisco, stiffly beaten whites 5 eggs, ¼ cup sugar, 1 tablespoon lemon juice, and salt to taste. Pour into Criscoed souffle mold and bake until brown, or 25 minutes. Serve cold with boiled custard or whipped cream.

February 6

Rose and White Radishes with Butter
Cream of Mutton Soup
Baked Bluefish, Breslin Style
**Planked Chicken*
Jerusalem Artichokes Saute
Apple and Cress Salad
Snow Pudding with Chocolate Sauce
Coffee

**Planked Chicken*—Cream together ¼ cup Crisco, 1 teaspoon minced onion, ¼ tablespoon each of minced red pepper, green pepper, and parsley, ½ clove minced garlic, and 1 teaspoon lemon juice.

Split 1 young chicken as for broiling, place in pan, sprinkle with salt and pepper, dot over with Crisco, and bake until nearly done in a quick oven. Then Crisco plank, arrange upon it border made from 2 cups of hot mashed potatoes to which have been added seasoning and beaten yolks of 3 eggs. This is put on with a pastry tube and may be made as fanciful as desired, with rosettes and pyramids. Brush over with beaten egg diluted slightly with water, and place chicken in center. Peel and saute 8 large mushroom caps, place on chicken (which has been spread with prepared butter), place in very hot oven to brown potatoes and finish cooking chicken. Serve on plank at once.

February 7

Crab Canapes
St. Germain Soup
**Braised Fillet of Beef*
French Bean Salad
Bar-Le-Duc Cream
Fruits *Nuts*
Biscuits *Cheese* *Coffee*

**Braised Fillet of Beef*—Tie up fillet of beef neatly with string and put in stewpan, bottom of which has been well Criscoed and lined with thin slices fat bacon and 2 sliced onions. Cook for 20 minutes, then barely cover with stock, add 1 wineglass of sherry, and bring to a boil; then add 1 small onion stuck with cloves, 1 small turnip, 1 carrot, 1 bouquet of herbs, 1 tablespoon Crisco, salt and pepper to taste.

Let meat simmer gently in this for 1½ to 2 hours. For garnish, take equal quantities of French peas and string beans, artichoke bottoms, new carrots and turnips. Cut latter in uniform shapes with fancy vegetable cutter, and cook them separate in consomme. Strain off about ¾ pint of stock from fillet of beef, and pour on brown roux, made with 2 tablespoons each of flour and Crisco; stir until it boils, add small piece of glaze and reduce a little over quick fire. Add dash of kitchen bouquet, salt, and pepper. Dish up fillet of beef, glaze it with some of sauce, and arrange vegetables around it in little heaps, each kind separate. Serve remainder of sauce in a boat.

February 8

Faubonne Soup
Baked Fish
Grenadins of Veal
Roast Pigeons *Endive Salad*
**Fruit Snowballs*
Coffee

**Fruit Snowballs* — Cream ¼ cup Crisco with ½ cup sugar, add ¼

cup milk, 1 cup flour, 1 teaspoon baking powder, and 3 stiffly beaten egg whites. Mix and divide into small Criscoed molds, cover with Criscoed papers, and steam 35 minutes. Turn out, sprinkle with powdered sugar, garnish with candied cherries and pineapple and serve with custard sauce made with egg yolks.

February 9

Petite Marmite
**Goulash of Veal*
Cauliflower, Cream Sauce
Braised Endive *Orange Salad*
Mousseline Pudding
Coffee

**Goulash of Veal*—1½ pounds lean veal, 1 pound partly cooked new potatoes, 4 tablespoons Crisco, ½ small onion, ½ pint cream, paprika, pepper, and salt. Free meat from skin and sinews and cut it into dice. Cut potatoes into cubes. Melt Crisco in saucepan, add meat and fry lightly for several minutes, add onion, finely chopped, stir over fire for about 5 minutes, season with salt and pepper to taste and add potatoes. Pour off superfluous fat, mix carefully and moisten with cream and 1 tablespoon rich white stock, season with a sufficiency of paprika pepper to give sauce a pink tint, and cook gently for 20 minutes. It is best to cook the Goulash at latter stage in a fireproof earthenware stewpan, in which it should be sent to table. Great care must be taken so as not to break potatoes while cooking. Serve very hot.

February 10

Broiled Beefsteak
Baked Potatoes *Creamed Onions*
**Waldorf Salad*
Jellied Figs *Nut Cookies*
Coffee

**Waldorf Salad*—1 quart chopped apples, 2 cups diced celery, 1½ cups blanched and shredded almonds, and ⅔ cup rolled pecan nut meats. Dress with following dressing, adding little more sugar and lemon juice to taste, just before serving. Mix 1 tablespoon melted Crisco, 1 teaspoon each mustard and white sugar, ½ teaspoon salt and ¼ teaspoon pepper. Add 2 well beaten egg yolks and then beat in slowly 4 tablespoons lemon juice. Cook in double boiler till it thickens. Then add whites 2 eggs beaten stiff. Keep on ice till wanted. Stir in 1 cup whipped cream just before serving. This is very good made with 5 egg yolks and ½ cup thin cream if whipping cream is unobtainable.

February 11

Cream Soup
Flounder au Gratin
Veal Cutlets, Brown Gravy
Creamed Potatoes
Cauliflower Polonaise
Radish Salad
**Friar's Omelet*
Coffee

**Friar's Omelet*—Peel and core 1 pound cooking apples, and boil to pulp with little water and sugar. When nearly cold add 1 tablespoon Crisco and 1 or 2 well beaten eggs.

Crisco a pudding dish and coat thickly with breadcrumbs. Pour in mixture and cover thickly with more breadcrumbs. Cook in oven for ¾ of an hour. A little lemon peel can be added if liked.

February 12

Gravy Soup
Fish Souffle
Beef Olives
Braised Turnips *Carrots*
Potato Puff
Apple and Grapefruit Salad
**Coburg Pudding*
Coffee

**Coburg Pudding*—3 cups milk, ½ cup rice, 1 cup boiling water, 1 egg, 4 tablespoons sugar, 1 teaspoon powdered cinnamon, 1 tablespoon Crisco, and ½ teaspoon salt.

Well wash rice, sprinkle it into boiling water and cook gently until all water is absorbed. Heat milk, in double saucepan if possible, add half-cooked rice and boil gently until it is perfectly soft and of thick creamy consistency. Should it become too thick before it is really soft, add more milk. Beat egg, until very light, add half sugar to it. When rice is cooked, whisk egg in at once, a little at a time. Then add salt and piece of Crisco size of walnut. Turn mixture into dish in which it is to be served. Mix rest of sugar with cinnamon. Sprinkle this evenly over top of rice. Put rest of Crisco in small pieces over top of pudding just before it is required. Place pudding in front of fire, or in oven for second or two, when Crisco, etc., will form a delicious sauce over surface of pudding.

February 13

**Bombay Toast*
Boiled Halibut, Lobster Sauce
Roast Capon *Beet and Potato Salad*
Cheese Ramekins
Peach Border
Coffee

**Bombay Toast*—Fry the required number of croutes in Crisco. When cold spread with paste of pounded chicken and cream. Chop some capers, and lay in a thick line across the chicken paste. On one-half put grated yolk of hard-cooked egg, on the other half put grated white of hard-cooked egg, and serve.

Saint Valentine's Day.

February 14

Cupid Canapes
Clam Bouillon
Fillets of Fish
**Supreme of Chicken*
Martinique Potatoes *Spinach*
Kumquat and Celery Salad
Tutti Frutti Ice Cream *Mints*
Coffee

**Supreme of Chicken*—Remove breast meat from 2 young chickens and trim into shape. Sprinkle with salt and pepper, dip in cream, roll in flour and saute in Crisco until delicately browned. Place in small pan, dot over with Crisco, and bake until tender.

Remove to cutlet-shaped pieces of hot boiled ham (cut very thin), garnish top of each with 3 short stalks of asparagus, seasoned with Crisco, and pour around following sauce: Melt 3½ tablespoons Crisco, add 3½ tablespoons flour, and stir until well blended; then pour on gradually while stirring constantly 1 cup chicken stock and ½ cup cream. Bring to boiling point, season with salt and paprika, and add yolk of 1 egg.

February 15

Swedish Soup *Poached Eggs on Top*
Stuffed Breast of Veal
Stewed Tomatoes *Fried Carrots*
**Apple Tartlets*
Coffee

**Apple Tartlets*—Line some tartlet tins with Crisco pastry. Fill with stewed apples to which a little melted Crisco and grated nutmeg have been added. Cover with a meringue and brown in the oven for a few minutes.

February 16

Consomme Colbert
Braised Mutton Cutlets with Kidneys
Stuffed Potatoes **Salsify Fritters*
Spinach Salad
Cheese Balls
Meringues, a la Chantilly
Coffee

**Salsify Fritters*—3 heads salsify, lemon juice, salt, 2 tablespoons milk, 1 tablespoon melted Crisco, fried parsley, 4 tablespoons flour, and 2 eggs. Wash, scrape, and soak the salsify in cold water seasoned with salt and lemon juice to taste. Boil in salted, acidulated water until tender. Take it up when done, drain, and cut the salsify into pieces all the same size. Sieve the flour into a basin, work in the yolks of the eggs, the milk, and the melted Crisco. Beat to a smooth batter, season with salt and pepper to taste. When ready

to fry, beat up the whites of eggs very stiffly and stir them lightly into batter. Drop the salsify into the batter, then into hot Crisco and fry to a golden brown color. Take up, drain, and serve garnished with fried parsley.

February 17

Strained Gumbo
Oyster Souffle
**Calf's Head, Vinaigrette*
Baked Eggplant *String Beans*
Russian Salad *Ambrosia*
Coffee

**Calf's Head, Vinaigrette*—Clean and scald ½ a calf's head. Cover with water and boil ½ an hour, then plunge into cold water. When cool, remove meat and cut in small squares. Make a roux of 1 tablespoon Crisco and 2 tablespoons flour cooked thoroughly; add 4 cloves, 3 whole peppers, small onion, carrot, 2 bay leaves, dash of thyme, and 2 tablespoons strong vinegar. Add the meat. Simmer 2 hours; remove into deep dish and cover with vinaigrette sauce, which is made with ½ teaspoon salt, ¼ teaspoon paprika, dash white pepper mixed with 3 tablespoons tarragon or plain vinegar. Add 6 tablespoons olive oil, 1 tablespoon gherkins, and 1 teaspoon each chives and parsley all chopped very fine, and 1 tablespoon minced green pepper. Blend well before pouring over meat. This may be served either hot or cold. Garnish with cucumber pickles cut into fan shapes.

February 18

**Cheese Canapes*
Lamb Chops
French Peas *Baked Potatoes*
Artichoke Salad
Russian Charlotte *Preserved Ginger*
Coffee

**Cheese Canapes*—8 croutes bread, ¼ pound cheese, 2 tablespoons Crisco, salt and red pepper to taste, 1 teaspoon mustard, and 1 dessertspoon sherry.

Cut the croutes of bread out of slices of stale bread with a round cutter 2 inches across. Fry the bread a golden color in hot Crisco. Cut up cheese; put it into a mortar with Crisco, and pound until it becomes a smooth paste; then season with salt and red pepper to taste. Add the mustard and sherry. When all ingredients are thoroughly mixed, put it on the croutes of bread; place them in oven until hot through, then serve at once.

February 19

**Mulligatawney Soup*
Roast Pork, Frozen Apple Sauce
Potatoes *Creamed Onions*
Indian Salad
Toasted Biscuits *Cheese*
Mocha Souffle
Coffee

**Mulligatawney Soup*—Saute in 1 tablespoon melted Crisco, 1 minced onion, 1 tablespoon minced cooked ham, 3 cloves, ½ carrot, and 1 stick celery, minced fine, ½ cup cooked chicken cut in dice, and 3 pints of chicken stock. Cook fifteen minutes, add ½ a green apple, diced, ½ cup stewed or canned tomatoes, 1 teaspoon tomato catsup, 1 teaspoon curry powder, 2 tablespoons boiled rice, 1 teaspoon salt, and 2 drops Tabasco sauce. Simmer ½ hour and serve with or without thin slices of lemon cut in quarters.

February 20

**Onion Cocktail*
Halibut, a la Martin
Roast Mutton, Currant Mint Sauce
Okra and Tomatoes
Cucumber Jelly Salad
Spanish Cream *Coffee*

**Onion Cocktail*—2 cups diced apples, 1 cup diced onions, 1 cup seeded raisins. Fill cocktail glasses with onions, apples, raisins, pour over a sour dressing made as follows: ¼ cup each of vinegar and water, 1 tablespoon Crisco, salt and red pepper to taste, and 2 teaspoons sugar. Place in small saucepan over fire until Crisco melts, then stir in well beaten yolks of 2 eggs, stirring constantly until thick. Place in ice box to cool before using.

February 21

Boiled Halibut, Anchovy Butter
Pigeons, a la Chasseur
Griddled White Potatoes
**Stewed Lettuce*
Oyster Salad Cheese Relish
Pineapple Cream
Coffee

**Stewed Lettuce*—Wash the desired number of heads of lettuce, cutting off the stalks at the roots, and put into a saucepan with 1 onion sliced, 1 tablespoon Crisco, 1 tablespoon chopped parsley, and salt and pepper to taste, with a very little water, to cook slowly for 2 hours. By this time the water should have pretty well cooked away, leaving the lettuce fairly dry. Remove from it the onion and parsley, put into a dish, dress well with melted butter and send to table hot.

Washington's Birthday

February 22

Cherry Cocktail
Olives Salted Nuts Oyster Soup
Fried Chicken, Cream Gravy
Peas Sweet Potatoes
White Grape Salad Beaten Biscuits
**Washington Pie*
Martha Washington Fruit Cake
Fruit Punch
Coffee

**Washington Pie*—¾ cup sugar, 1 tablespoon Crisco; beat together thoroughly; add ½ cup sweet milk, 2 cups flour, 2 beaten eggs, 2 teaspoons baking powder, 1 teaspoon lemon; make into 3 cakes and put jelly or custard between.

February 23

Red Cabbage Soup
**Broiled Kidneys with Green Peppers*
French Peas Fried Bananas
Grapefruit and White Grape Salad
Cheese Balls
Russian Jelly
Coffee

**Broiled Kidneys with Green Peppers*—Split some fine beef kidneys, remove the outer skin and sinews, and wipe well. Sprinkle the kidneys with pepper and salt, and let stand for an hour or more. Dip them then, into melted Crisco and broil over a clear fire. Meanwhile, chop 2 green peppers, freed from their seeds, and fry with ½ a teaspoon chopped onion and 1 tablespoon chopped parsley in Crisco till the pepper is quite done, having no more moisture, or Crisco that is in the pan, than is necessary to cook the green peppers. Dish the kidneys and surround with the sauce of green peppers.

Vegetarian

February 24

Cream of Celery Soup
**Mock Veal Roast Stewed Turnips*
Asparagus Salad
Cheese Crackers
Apple Pie
Coffee

**Mock Veal Roast*—½ pint shelled roasted peanuts, ½ pint lentils, 2 tablespoons melted Crisco, ½ pint toasted breadcrumbs, milk, pepper and salt to taste.

Soak the lentils over night; drain, bring them to a boil; throw away water; cover with fresh water and boil until tender; drain again; press them through a colander. Add nuts, chopped or ground, melted Crisco, breadcrumbs and seasoning, with sufficient milk to make it the consistency of mush. Pour into baking dish and bake in a moderate oven 1 hour. Beans or peas may be substituted for lentils.

February 25

Clam Broth with Whipped Cream
Boiled Fish Dressed Cucumbers
Panned Chicken
*Riced Potatoes *Stuffed Green Peppers*
Celery and Lettuce Salad
Caramel Rice Pudding
Coffee

**Stuffed Green Peppers*—6 large green peppers, 1 pint boiled rice, 1 tomato, 1 tablespoon Crisco, 1 medium-sized onion, and 1 teaspoon salt. Cut the

tops from peppers and remove seeds. Add to rice the onion and tomato, chopped and salt. Wash peppers, stuff them with boiled rice, put on tops and stand them in a baking pan. Cover bottom of baking pan with a little water; add to it the Crisco. Bake in a quick oven 20 minutes, basting 2 or 3 times.

February 26

Cream of Beet Soup
Pork Tenderloins, Apple Sauce
Baked and Glazed Potatoes
Buttered Parsnips
**Raisin Pudding, Liquid Sauce*
Coffee

**Raisin Pudding*—Wash and dry 1 pound Sultana raisins; Crisco a pudding dish; put in a layer of boiled rice, over it a layer of raisins, and continue until the dish is nearly full, having rice on top. Beat 2 eggs; add 2 teaspoons sugar, 1 pinch of salt, 3 tablespoons melted Crisco, and 2 cups sweet milk; pour it over pudding, and bake ½ hour. Serve with liquid sauce.

February 27

Sago Soup
Brown Stew of Mutton Chops
Stewed Turnips *Boiled Potatoes*
**Cabbage Salad*
Lemon Sponge *Coffee*

**Cabbage Salad*—Shave 2 cups shredded cabbage in thin strips or chop fine and mix with the following dressing: 2 tablespoons Crisco, ½ cup hot vinegar, 1 teaspoon dry mustard, 1 tablespoon sugar, 1 teaspoon salt, ⅛ teaspoon pepper, ½ onion, cut fine, and ½ cup sweet or sour cream, milk or water. Dissolve the sugar in cream. Mix with rest of the ingredients. Mix while hot and serve with the salad slightly warmed.

February 28

Consomme with Spaghetti
**Chicken Souffle* *Creamed Potatoes*
Celery and Apple Salad
Stuffed Dates *Coffee*

**Chicken Souffle*—2 cups cold roast chicken, á ¼ cup cold boiled ham or tongue, 5 tablespoons Crisco, 2 tablespoons flour, ½ cup cream, ¾ cup chicken broth, a ¼ cup chopped nut meats, salt and paprika to taste, and 4 eggs beaten separately.

The chicken, ham or tongue should be chopped very fine before measuring. Melt 3 tablespoons Crisco in a frying pan; add the chopped meat and stir over fire until Crisco is absorbed. Make a sauce of 2 tablespoons Crisco, the flour, broth and cream. Pound the meat in a mortar, adding meanwhile the sauce. Press the whole through a fine sieve; add the nut meats, seasonings and yolks of eggs. Mix thoroughly, and fold in the whites of eggs. Bake in a Criscoed dish till firm in the center. Serve with mushroom or tomato sauce. This may also be cooked in individual dishes. 25 minutes will be needed for cooking in a large dish, about 12 minutes in individual dishes. It is better to cook a souffle too long than too short a time always, provided that the temperature be kept about 208° F.

March 1

**Toad in the Hole*
Pressed Beef with Aspic
Beet and Endive Salad
Compote of Fruit, Maids of Honor
Coffee

**Toad in the Hole*—2 cups flour, ½ teaspoon salt, 1 pound link sausages, 2 eggs, 2 tablespoons melted Crisco, and 3 cups milk. Sift the flour and salt into a basin; beat up eggs well, and after mixing them with the milk and melted Crisco, pour gradually on flour, beating it well with a wooden spoon. When quite smooth, pour it into a well Criscoed fireproof dish; skin the sausages and lay them in the batter, and bake in a moderate oven for ¾ of an hour. Serve in small squares arranged neatly overlapping each other on a hot dish.

March 2

**Oxtail Soup*
Trout, Black Butter Sauce
Stewed Steak and Oysters
Pear Salad
Cheese Eclairs
Sweet Omelet
Coffee

**Oxtail Soup*—1 oxtail, 2 quarts second stock or water, 2 onions, 2 carrots, 1 turnip, 2 strips celery, 4 tablespoons Crisco, a ½ cup diced lean ham or bacon, a bouquet-garni, 12 whole peppers, 2 cloves, salt, 1 glass sherry, and 1 tablespoon cornstarch.

Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of oxtail, roll them in flour, put them with ham and sliced vegetables and Crisco into the stewpan, and fry until brown. Then add stock, herbs, whole peppers, cloves, and salt, boil and skim well. Put on lid and cook very gently for about 4 hours. Strain, remove fat, return to stewpan, and when soup boils add sherry and cornstarch smoothly mixed together, stir and cook for a few minutes. Serve smaller pieces of tail in soup, remainder may be reheated in a good brown sauce, and used as an entree.

Vegetarian

March 3

**Grilled Mushrooms*
Vegetable Soup
Cheese Omelet
Baked Beans
Iced Asparagus
Fruit in Jelly
Coffee

**Grilled Mushrooms*—1 cup mushrooms, pepper and salt to taste, Crisco, and lemon juice. Carefully peel the mushrooms, cut off a portion of stalk, and season with salt. Broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of Crisco on each mushroom, season with pepper and salt to taste, and squeeze over them a few drops of lemon juice.

March 4

Spanish Soup
**Baked Stuffed Heart*
Mashed Potatoes *Fried Beets*
Red Cabbage Salad
Orange Pudding
Coffee

**Baked Stuffed Heart*—Take an ox heart and season it inside with salt and pepper, and fill it quite full of herb forcemeat; fasten it up with a needle and string, rub the heart over well with melted Crisco and fold it up in a well Criscoed paper; tie it up, put heart in a baking tin in the oven, keeping it well basted with melted Crisco, then remove the paper and dish upon a hot dish, and serve round it a good brown sauce or tomato sauce or brown caper sauce, and garnish with olive potatoes. This should be served while hot.

March 5

**Scotch Broth*
Browned Veal Knuckle
Riced Potatoes *Buttered Parsnips*
Olive and Lettuce Salad
Cheese Straws
Apricot Parfait
Coffee

**Scotch Broth*—2 pounds neck mutton, 1 cup barley, 1 cup peas, 1 carrot, 1 turnip, 1 teaspoon sugar, 3 onions or leeks, 1 tablespoon Crisco, 1 small cabbage, 1 tablespoon chopped parsley, 16 cups water or stock, salt and pepper to taste.

Prepare vegetables and cut them into small pieces. Put water or stock into large earthenware pan, and when it boils, add meat and barley. Boil up, skimming frequently, add vegetables, and then simmer for 3 hours. Now stir in one extra carrot grated, salt and pepper, sugar and Crisco. Simmer again for 30 minutes. Add parsley and broth is ready to serve.

Vegetarian

March 6

Spinach Soup
**Egg Cutlets, Cream Sauce*
Potatoes *Brussels Sprouts*
Tomatoes, French Dressing
Cheese Fingers
Sultana Pudding *Coffee*

**Egg Cutlets*—Put 2 tablespoons Crisco into a pan, when melted, add 2 tablespoons flour, 1 cup milk gradually, boil for 3 minutes, stirring all the time, then add 2 raw yolks of eggs, remove from the fire, add 2 tablespoons cooked chopped peppers, 6 chopped mushrooms, red pepper, white pepper, salt and nutmeg to taste and four chopped hard-cooked eggs. Turn on plate to cool. Shape into cutlets. Brush over with beaten egg, roll in fine breadcrumbs and fry in hot Crisco. Serve very hot with cream sauce.

March 7

**Tapioca Puree*
Brazilian Stew
Beans *Mashed Potatoes*
White Grape Salad
Wafers *Cheese*
Ginger Ice Cream *Coffee*

**Tapioca Puree*—1 quart white stock, or half stock and half milk, ¼ pint cream, 1 tablespoon melted Crisco, yolks of 3 eggs, 1 tablespoon fine sago or crushed tapioca, salt and pepper to taste.

The stock should be well flavored, otherwise it must be simmered with a little onion, carrot, celery, and herbs, and strained for use. Bring stock to boiling point, sprinkle in sago, or tapioca, and stir and cook until it becomes transparent; then let soup cool slightly. Mix yolks of eggs and the cream together, then the melted Crisco, and add to soup and stir till it thickens; it should have the consistency of single cream. When a thicker soup is desired, mix teaspoon flour or cornstarch with a little milk, and add it to soup at same time as sago or tapioca. Season to taste, and serve.

March 8

Turnip Soup
Beef Stew with Dumplings
Parsnips *Mashed Potatoes*
Russian Salad
Cheese *Crackers*
**Bird's Nest Pudding* *Coffee*

**Bird's Nest Pudding*—3 eggs, ¾ cup flour, 6 tablespoons Crisco, ½ cup sugar, ½ cup blanc-mange, pinch baking powder, pistachio nuts or cocoanut, angelica and apricot jam.

Break eggs into basin, add sugar to them, and beat over saucepan of hot water until mixture is consistency of thick cream. Melt Crisco; sieve flour and baking powder together. Stir Crisco and flour quickly and lightly into egg mixture, turn into well-criscoed mold, and bake in a moderate oven for 15 to 20 minutes. Turn out when done, and let the cake get cold. Rub some apricot jam through a hair sieve, put a thin layer of this over the cake, roll it either in chopped pistachio nuts or desiccated cocoanut. Stand on a dish. Have ready some blanc-mange eggs, fill the center with these, and arrange round the base of the nest some pieces of angelica to represent twigs. It is now ready to serve. The blanc-mange eggs are made by either filling some egg-molds with blanc-mange, or by emptying out some eggs, and using the shells. The eggs must be emptied through as small a hole as possible. When set, the shells are broken away carefully.

March 9

**Veal and Ham Pie*
Baked Sweet Potatoes *Fried Parsnips*
Salad of Canned Asparagus Tips
Cheese Fritters
Caramel Pudding with Meringue
Coffee

**Veal and Ham Pie*—1½ pounds veal, 2 hard-cooked eggs, few grains red pepper, dust of powdered mace, ½ teaspoon grated lemon rind, ½ pound ham, 1 tablespoon flour, 1 teaspoon salt, 6 whole peppers, powdered sweet herbs, and pastry.

Cut veal and ham into very thin pieces; mix on a plate, flour, salt, pepper, sweet herbs, lemon rind, red pepper, and mace, roll in this seasoning each piece of veal, and lay in a pie dish, alternately, layers of veal, ham, and egg, cut in slices; pile this in center of dish, add ½ cup water; line edge of dish, cover and decorate with Crisco Flake Pastry; when baked add a little very good seasoned stock, which should become a jelly when the pie is cold, or a little gelatine may be added; garnish with parsley if served cold.

March 10

Cream of Cabbage Soup
Celery Olives
**Halibut, a la Poulette, White Sauce*
Baked Potatoes
Macaroni, Italian Style
Chicory Salad Cheese Crusts
Plum Pudding Coffee

**Halibut, a la Poulette*—Slice of halibut, weighing 2 pounds, ¼ cup melted Crisco, 2 teaspoons lemon juice, few drops onion juice, pepper and salt to taste.

Clean fish and cut into neat fillets. Add seasonings to melted Crisco, and put dish containing Crisco in saucepan of hot water to keep Crisco melted. Take up each fillet separately with a fork, dip in Crisco, roll and fasten with small wooden skewer. Put in shallow pan, dredge with flour, and bake 12 minutes in hot oven. Remove skewers, arrange on platter for serving, pour around 1½ cups white sauce, and garnish with yolks of 2 hard-cooked eggs rubbed through a strainer, whites of hard-cooked eggs cut in strips, lemon cut fan-shaped, and parsley.

March 11

Asparagus Soup
Baked Salmon, Hollandaise Sauce
*Mashed Potatoes *Spinach, a la Creme*
Escarole Salad Cheese Straws
Cocoanut Pudding Coffee

**Spinach, a la Creme*—2 pounds spinach, pepper, salt, and nutmeg to taste, 2 tablespoons Crisco, ½ cup thick cream, and 1 teaspoon sugar.

Wash and pick spinach, throw it into a pan of boiling water containing a little salt and soda; boil until tender, 10 to 15 minutes; pour on to a wire sieve, and squeeze out all the water; rub through the sieve with a wooden spoon; put spinach into a saucepan, with seasoning, butter, and cream. The spinach may be prepared as above and mixed with white sauce instead of cream; garnish with fried croutons.

March 12

Porterhouse Steak, Maitre d' Hotel Butter
French Fried Potatoes
Stewed Tomatoes
Shredded Cabbage, Cream Dressing
**Apple Pie Cheese Coffee*

**Apple Pie*—Use Crisco Plain Paste. For filling for a medium-sized pie tin, use 3 cups pared and sliced apples, ½ cup sugar, ⅛ teaspoon salt, 1 tablespoon Crisco, ¼ teaspoon cinnamon, 1 tablespoon lemon juice, and grated rind of ½ lemon.

March 13

Baked Stuffed Haddock
Julienne Potatoes Creamed Cucumbers
Egg Salad
**Steamed Graham Pudding, Hard Sauce*
Coffee

**Steamed Graham Pudding*—½ cup molasses, ½ cup milk, 1 egg, ¼ cup Crisco, 1½ cups graham flour, ½ teaspoon soda, 1 teaspoon salt, 1 cup stoned and chopped dates.

Melt Crisco, add molasses, milk, egg well beaten, dry ingredients, mixed and sifted, and dates; turn into Criscoed mold, cover, and steam 2½ hours. Serve with hard sauce. Figs cut in small pieces may be used in place of dates.

March 14

**Breaded Chops*
Baked Potatoes Celery Hearts
Creamed Carrots and Peas
Lettuce, French Dressing
Apricot Whip, Custard Sauce Coffee

**Breaded Chops*—Wipe and trim mutton chops, sprinkle with salt and

pepper, dip in crumbs, egg, then crumbs, and fry in hot Crisco from 5 to 8 minutes, then drain. Do not fry more than 4 chops at a time, and allow the Crisco to reheat between fryings. After testing Crisco for temperature put in the chops, then lower the heat that the surface of the chops may not be burned while the inside is yet under done.

March 15

**Sardine Canapes*
Baked Beans
Baked Potatoes
Apple and Celery Salad
Cheese Wafers
Date Cream Pie
Coffee

**Sardine Canapes*—Take 6 or 8 sardines, mash up with yolk of a hard-cooked egg, pepper and salt to taste, a little lemon juice and 1 teaspoon melted Crisco. Have some rounds of bread fried a pretty golden brown color in hot Crisco, spread the mixture on the croutes; garnish round the edges with some finely chopped parsley and white of 1 egg rubbed through sieve.

March 16

**Clam Bisque* *Crackers*
Codfish Balls
Escalloped Tomatoes
Cucumber Salad
Bermuda Onions
Custard Pie
Coffee

**Clam Bisque*—2 cups clams, 2 tablespoons chopped onions, bit of bay leaf, 3 tablespoons Crisco, 4 tablespoons flour, 2 cups chicken stock, 1 teaspoon salt, pepper and red pepper to taste, 1 pint hot cream, and 1 teaspoon Worcestershire Sauce.

Chop clams, and cook in stock 20 minutes. Melt Crisco, add onions, cook 5 minutes; add flour, strained clam liquor, cook 5 minutes; add seasonings, cream, and serve.

St. Patrick's Day

March 17

Irish Potato Bisque
Olives
Salted Pistachio Nuts
**Boiled Salmon, Parsley Sauce*
Mashed Potatoes
Brussels Sprouts
Shamrock Salad
St. Patrick's Pie
Green Frosted Cakes
Green Mints
Coffee

**Boiled Salmon*—Put the salmon in enough boiling water to cover, add 1 teaspoon salt to each quart of water; boil 1 minute, then draw on one side, and simmer slowly until cooked, allowing 10 minutes to the pound; drain thoroughly, and serve on folded napkin; decorate with parsley.

Serve with parsley sauce. For sauce. Blend 2 tablespoons Crisco with 2 tablespoons flour, add 1 cup milk, salt, pepper, and red pepper to taste, stir till boiling, then boil 8 minutes, add 2 tablespoons chopped parsley, mix well and use.

March 18

**Broiled Spanish Mackerel*
Grilled Guinea Chicken
Candied Sweet Potatoes
Baked Eggplant
Cold Asparagus, Vinaigrette
Devilled Cheese
Macedoine of Fruits
Coffee

**Broiled Spanish Mackerel*—Split a good-sized Spanish mackerel down the back, clean and wipe as dry as possible, leaving the head and tail on or off, as desired. Sprinkle well with salt and pepper. Rub the wire broiler with Crisco and lay on this, flesh side up. Turn when the flesh is tender and broil on the skin side until brown and crisp, and serve with cucumbers dressed with oil and lemon juice.

March 19

**Chickens Stewed with Olives*
Chartreuse of Spinach
Baked Squash
Asparagus Salad
Rhubarb Tarts
Coffee

**Chickens Stewed with Olives*—Cut 2 young chickens into joints and put to cook in 3 pints of water with pepper, salt and an onion. Cook until the chickens are very tender. Take up, drain and wipe chickens and fry them in Crisco till they brown. Strain water in which chickens were cooked and take a little more than ½ a pint of it for sauce. Put this into the frying pan in which chickens were fried, thicken it a little, and into it put 2 dozens olives, chopped, and 1 tablespoon capers. When it is quite hot and smooth pour over chickens and serve.

March 20

**Princess Soup*
Veal Chops, Horseradish Sauce
Fried Carrots
Baked Asparagus Tips
Spinach Salad
Peach Mousse
Coffee

**Princess Soup*—Chop very fine 1 cup sorrel, and cook in 1 tablespoon Crisco. Add ½ teaspoon sugar, ½ teaspoon tarragon or white wine vinegar, 1 teaspoon salt, 1 tablespoon flour, and when boiling add 1 pint hot water. Cook for ½ hour, then add 1 quart white stock and a grating of nutmeg and dash of red pepper. Bring to a boil, add beaten yolk of 1 egg and 1 cup cream and serve.

March 21

Baked Shad Roe with Bacon
**Broiled Lamb Chops, Mint Jelly Sauce*
Cucumbers *Baked Asparagus Tips*
Shrimp Salad
Rice Souffle
Coffee

**Broiled Lamb Chops*—Trim and flatten chops, sprinkle each with sherry wine, rub with salt and white pepper and broil over a clear fire until they are done, according to the tastes of those who are to eat them. Melt together 4 tablespoons Crisco, if there are 8 chops, a small tumbler mint jelly, add to it chopped parsley and a few drops of lemon juice and pour over chops just as they are to be served.

March 22

Czarina Soup
**Guinea Hen, Roasted*
Mashed Potatoes *Creamed Onions*
Dandelion Salad
Frozen Pudding *Coffee*

**Guinea Hen, Roasted*—Truss 2 guinea hens, cover breasts with thin slices of bacon, and put in roaster and bake, basting often until tender. Remove bacon and brown. Melt in roasting pan 2 tablespoons Crisco, stir in 2 tablespoons flour, pour in gradually 2 cups scalded cream, and stir constantly. Strain, season with salt and white pepper, and, if liked, a tiny grain nutmeg, and pour this over guinea hens, or pass separately Serve with these, potato balls of uniform size, which have been sauted in Crisco and sprinkled with chopped parsley.

March 23

Cream of Cauliflower Soup
Flounder au Gratin
**Mutton Cutlets, a la Soubise*
Potatoes *Tossed Tomatoes*
Combination Salad
Apple Dumplings *Coffee*

**Mutton Cutlets, a la Soubise*—6 mutton cutlets, ½ cup dried beans, brown sauce, 2 onions, 3 tablespoons Crisco, and ½ cup white sauce. Trim cutlets, season them with pepper and salt, and fry in hot Crisco.

Soak dried beans in water for several hours, then boil them in a stewpan until tender. Drain, and pass them through a sieve. Melt Crisco in a saucepan, stir in sieved beans, add to them the onions, previously boiled and sieved, season, and stir over fire until hot. Then add

white sauce. Dish cutlets in a circle on a hot dish, and put puree of beans and onions in center. Pour some brown sauce round and serve.

March 24

Calf's Tail Soup
**Braised Fillet of Veal*
Braised Belgian Endive *Potato Puree*
Beet and Cabbage Salad
Banana Trifle
Coffee

**Braised Fillet of Veal*—3½ pounds veal, ¼ pound larding bacon, 1 onion, 1 carrot, 1 turnip, ½ lemon, forcemeat, stock and a little celery.

Remove bone, fill in cavity with forcemeat. Cut some even strips of bacon ¼ of an inch thick, and with a larding needle thread neatly on top of meat. Slice vegetables, place them in a pan, set veal on these, sprinkle with a little lemon juice. Cover with Criscoed paper, and add stock to come three-parts up the meat. Cover closely and set pan in oven (in order to get top heat also) or over a gentle fire, and simmer 2½ to 3 hours. Remove veal to a dripping tin with very little stock, and brown in front of fire or in hot oven. Reduce stock in pan, meanwhile, by fast boiling without lid, and strain round meat. Garnish with cut lemon, and, if liked, with curled bacon and forcemeat balls.

The forcemeat is made as follows: A ¼ cup Crisco, 4 tablespoons chopped cooked ham, 1 cup breadcrumbs, 1 tablespoon chopped parsley, 1 teaspoon mixed herbs, thyme, and marjoram. Add salt and pepper to taste, and mix with 2 well-beaten eggs.

March 25

Scallop Chowder
**Boiled Cod, Oyster Sauce*
Mashed Potatoes *Stewed Corn*
Watercress, French Dressing
Cheese Biscuits *Ginger Pudding*
Coffee

**Boiled Cod*—Wash the fish (about 2 to 3 pounds cod), and put into a fish-kettle, containing enough boiling water to cover it. Add some salt, bring quickly to boil; then draw pan to side of fire, and let it stay in hot water until cooked. Do not let water boil or simmer again. Cod cooked in this way has a much finer flavor than if it is allowed to simmer or boil. Take up fish on drainer, slide it on to a hot dish on a folded napkin, and serve garnished with sprigs of crisp parsley. Send to table with oyster sauce, which is made as follows: 4 tablespoons Crisco, 6 tablespoons flour, 1 small onion, ½ carrot, 12 whole peppers, ½ bay leaf, 1 clove, 1 bouquet garni, small blade mace, salt, and ten oysters. Peel the onion, scrape carrot; put them into saucepan with bay leaf, whole pepper, bouquet garni, and clove; add milk, and bring to boil. When milk boils take out mace and bay leaf. Melt Crisco in small saucepan; mix in flour smoothly; whisk into this hot milk. Stir until it boils, then let it simmer from 10 to 15 minutes. Take out bouquet; rub sauce through a sieve. Take 10 oysters and their liquor and put into a saucepan and bring to boiling point. Then take the oysters and cut each in quarters. Heat the sauce and add the oyster liquor, reduce well, strain and return to saucepan; stir in 1 yolk of egg, bind, and then add oysters and lemon juice. Stir till hot, but it must not boil. Season to taste and serve.

March 26

Pepper Cocktail
**Fried Pigeons*
Baked Onions *Mashed Potatoes*
Celery and Nut Salad
Cheese Custards
Orange Ice Cream
Coffee

**Fried Pigeons*—4 pigeons, ½ pound sausage meat, 1 egg, carrot, turnip, onion, celery, mace, and cloves. Empty and split pigeons in halves, lengthways; remove 1 joint of wing and of leg, and truss neatly; wash thoroughly.

Put into a stewpan, a small bit turnip and carrot, small onion, bit of celery, blade of mace, few cloves and whole peppers; place pigeons on top; add 2 cups water, and all giblets of pigeons nicely cleaned and prepared; cover all with Criscoed paper and cover them with lid, and cook gently 1 hour. Remove pigeons from pan, and dry each thoroughly. Divide sausage into 4 portions; fill hollow of pigeons with these, and with floured hands pat it quite smooth, using flour all over pigeons. Have an egg well beaten; cover carefully with it, and roll in fine breadcrumbs. Put into hot Crisco, and fry a golden brown. Have the following sauce in dish, and place the pigeons neatly in center: Strain liquor pigeons were stewed in, and into pan put 1 tablespoon flour and 1 tablespoon Crisco, moisten it with a little cold water; then add to it the liquor, a ¼ teaspoon meat extract, 1 small tomato chopped up, and salt to taste; let all boil for 10 minutes; then strain. It may require more stock or water to be added to make sauce a good consistency.

March 27

Grape Fruit Cocktail
Roast Duck, Currant Jelly
**Creamed Turnips*
Sweet Potato Croquettes
Apple Salad
Cheese Straws
Marmalade Ice Cream
Coffee

**Creamed Turnips*—Wash turnips, and cut in ½ inch cubes. Cook 3 cups in boiling salted water 20 minutes, or until soft. Drain, and serve with the following sauce: 2 tablespoons Crisco, 2 tablespoons flour, 1 cup milk, ¼ teaspoon salt, and pepper to taste. Put Crisco in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about ⅓ at a time, stirring until well mixed, then beating until smooth and glossy.

March 28

Anchovy Eclairs
**Planked Shad, Butter Sauce*
Cucumbers *Potato Puff*
Asparagus Salad
Cheese Sandwiches
Cafe Parfait
Coffee

**Planked Shad*—Clean and split down the back a good 3-pound shad. Heat plank very hot, lay fish upon it, skin side down, or that portion will be raw. The hot plank cooks it. Brush flesh carefully over with olive oil, then sprinkle with salt and pepper. Bake for 30 minutes in a hot oven. Baste frequently with melted Crisco. It may be cooked in a gas range having the flame over the fish. When cooked pour over the fish 2 tablespoons melted Crisco and juice of 1 lemon. Garnish with parsley and quarters of lemon. Set the plank on a serving dish and serve with butter sauce.

March 29

Printanier Soup
Broiled Chicken, Oyster Sauce
**Duchesse Potatoes*
String Beans
Watercress, French Dressing
Cheese Biscuits
Lemon Meringue Pie
Coffee

**Duchesse Potatoes*—Wash, peel and boil two pounds potatoes, drain off water and dry in oven, then rub through sieve, add 3 egg yolks, 2 tablespoons Crisco, 1 tablespoon cream, seasoning salt, pepper and grated nutmeg. When well mixed lay on floured board and divide into 12 pieces, shape each piece into a square, put them on a buttered tin, brush over with beaten egg and bake in hot oven till well browned.

March 30

Cream of Barley Soup
**English Chicken Pie*
Broiled Tomatoes
Cucumber Salad with Red Peppers
Biscuits *Cheese*
Coffee

**English Chicken Pie*—1 chicken, ½ pound veal fillet, 4 ounces bacon, 3 hard-cooked eggs, ¼ pound mushrooms, 2 tablespoons Crisco, pepper and salt to taste, chopped parsley, puff-pastry, stock, and 1 egg.

Cut fowl into small joints, season these with salt and pepper. Slice veal thinly, line bottom of fireproof dish with this, place on top a layer of chicken. Chop mushrooms finely, saute them in Crisco in small stewpan; sprinkle half of this over pieces of chicken, then layer of hard-cooked eggs, over that thin slices bacon and chopped parsley. Continue in this way until all ingredients are used up and the fireproof dish is full; fill dish three parts full with stock. Put a strip of pastry round the edge of dish, wet this lightly with water, cover the pie with puff-pastry rolled out to the proper size and thickness; press down the paste on to the wet edge of paste, trim round. Decorate the paste at the edge according to taste; brush over pie with beaten egg, make a slit in the center of the lid, and place a circle of pastry leaves round it. Put pie in moderate oven, and bake about 1½ hours. Pour in a little stock before serving.

March 31

Deviled Clams
**Broiled Lobsters, Melted Butter*
Potatoes au Natural *Baked Macaroni*
Romaine Salad, French Dressing
Snow Pudding, Chocolate Sauce
Coffee

**Broiled Lobsters*—Kill lobsters by cutting tails off with one stroke of the knife, just where they join the body. With another clean cut divide each lengthwise into 2 equal parts, shell and all. Take out coral, the one long intestine and stomach. Crack claws with a hammer. Put within a Criscoed broiler, split side downward, and broil over fire. As soon as juice begins to run freely withdraw long enough to baste liberally with melted Crisco, and return to fire, turning often to keep in juices. Cook about 10 minutes on split or flesh side, and 8 upon other. Have ready sauce made by rubbing 2 tablespoons Crisco to cream with lemon juice and finely-minced parsley, adding little red pepper, and baste lobsters with this while hissing hot. Serve half lobster to each guest.

April 1

**Fried Oysters, Tartare Sauce*
Roast Guinea Hens
Rice Croquettes en Surprise
Lettuce, Asparagus and Red Pepper Salad
Cheese Wafers
Pineapple Mousse
Coffee

**Fried Oysters*—Wash, drain, and dry oysters between 2 towels; let stand in a marinade 10 or more minutes, then drain again. Roll in cracker-crumbs, seasoned with salt, pepper, and paprika. For 2 cups oysters, beat 2 eggs with 2 tablespoons cold water until well mixed; dip oysters, crumbed, into egg, and roll again in crumbs.

Fry 1 minute in hot Crisco. Use frying-basket and cook 6 oysters at a time. Drain and serve at once with tartare sauce.

The marinade is made as follows: Take 1 part melted Crisco and 3 of vinegar, with salt and pepper to taste. Stir oysters into this and let stand 10 minutes, then drain off any of the marinade that has not been absorbed.

April 2

Emergency Soup
**Veal Pot Pie* *Baked Dumplings*
Cabbage Salad
Cheese *Crackers*
Fruit Jelly, Whipped Cream
Coffee

**Veal Pot Pie*—Wipe piece of veal from shoulder; and cut into pieces for serving; add ½ inch strip salt pork or bacon for each piece of veal, cover with cold water, put over fire and bring quickly to boiling point, then, after boiling five minutes, skim and let simmer until meat is tender. When nearly tender, add salt and pepper to taste, and biscuit mixture cut into rounds. Cook ten minutes without lifting cover. Serve meat in center of platter, dumplings at ends and sauce, thickened, if needed, with flour and water, over whole. Dumplings may be steamed 15 minutes over saucepan boiling water. This is usually preferable, to avoid removing them from fire until instant of serving. Beaten yolks of 2 eggs, diluted with ½ cup cream and added to sauce, gives a richer dish.

Biscuit mixture is made as follows: Sift 1 quart good flour, 2 teaspoons baking powder and 1 teaspoon salt, putting it through sifter 2 or 3 times. Rub into flour 1 large tablespoon Crisco and add sufficient sweet milk to make dough as soft as can be rolled and cut. Roll about ¾ inch thick, cut with round biscuit cutter.

April 3

Crecy Soup
Mutton Cutlets *Savory Lentils*
Roast Pigeons *Chipped Potatoes*
Egg and Lettuce Mayonnaise
**Apricot Fritters, Vanilla Sauce*
Coffee

**Apricot Fritters*—6 apricots, ½ pint syrup, half lemon, frying-batter, Crisco, and vanilla sauce.

Select firm, ripe apricots, or preserved ones can be used, cut them in halves, and take out stones. Stew them gently in syrup with grated rind of ½ lemon. When they are tender, drain well, and let them cool. Have ready some frying-batter, dip apricots into it, then fry in plenty of hot Crisco. When a nice golden color, take them up, drain on paper, dish up on a napkin and serve with vanilla sauce.

April 4

Brown Soup
Mousse of Ham
Veal Olives
Mashed Potatoes *Spinach*
Pear Salad
Cheese Ramekins
**Rice Souffle* *Fruit Custards*
Coffee

**Rice Souffle*—4 tablespoons ground rice stirred to smooth paste with ½ tablespoon Crisco and 6 tablespoons milk. Add remainder of a pint of milk, and put all into a saucepan, and stir till it thickens. Add beaten yolks 4 eggs and 2 tablespoons sugar well stirred, also add the well whisked whites of 4 eggs. Mix all thoroughly, place in a Criscoed souffle dish, and bake for ½ hour. Serve instantly.

April 5

**White Soup*
Fried Fillets of Haddock
Roast Chicken, Bread Sauce
Potato Chips *Brussels Sprouts*
Cress and Orange Salad
Iced Castle Puddings
Coffee

**White Soup*—2 small onions, 1 turnip, 1 pound potatoes, 1 stalk celery, 2 small parsnips or artichokes, 3 pints water, ½ pint milk, 1 tablespoon flour or cornstarch, 2 tablespoons Crisco, and salt to taste.

Cut about 2 pounds of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and boil them until soft in the water with salt and Crisco. Rub them through sieve or colander, put them back in the stew pan with milk, and let boil. Put in

flour, mixed smoothly with little cold water or milk, let soup boil for 10 minutes, and then serve.

April 6

Broiled Soft Shell Crabs
**Sweetbreads with Mushroom Puree*
Boiled Bermuda Onions
New Green Peas
Lettuce and Radish Salad
Fried Cornstarch Pudding
Coffee

**Sweetbreads with Mushroom Puree*—Blanch and prepare sweetbreads, by cutting away all the windpipes and fibrous nerves. When they are quite cool, put under a weight to flatten well. Dip them in melted Crisco and broil, without browning too much, over a clear fire.

Put sweetbreads on very thin slices of round toast and serve with this puree poured over all: Chop 1 dozen fresh mushrooms and put them to cook with ½ pint of cream and ½ cup fine breadcrumbs. Cook them in double boiler till mushrooms can be pressed through rather fine sieve. Return this puree to fire, season with salt and white pepper, and let get as hot as possible before using it for sweetbreads.

April 7

Grilled Brook Trout
**Spring Lamb Steak, a la Minute*
Lentil Croquettes
Potato Rissoles
Grapefruit Salad
Cheese
Crackers
Golden Parfait
Coffee

**Spring Lamb Steak, a la Minute*—Rub some fillets of spring lamb steak with salt and pepper, and fry them gently in 3 tablespoons Crisco which has been melted in an iron frying pan, until thoroughly cooked. Remove from frying pan and keep hot. Put 12 large fresh mushroom caps in pan and cook until tender, adding ¼ cup cream and salt and pepper to taste. Put lamb steak on hot platter, garnish with mushroom caps, and pour sauce around.

April 8

**Red Pottage*
Boudins of Ham with Peas
Roast Ribs of Beef Yorkshire Pudding
Potatoes
Cauliflower
Chiffonade Salad
Rhubarb Tart and Custard
Coffee

**Red Pottage*—½ a pound dried beans, 1 teacup tomato puree, 1 beet, 2 tablespoons Crisco, 2 onions, piece of celery, 1 small piece of parsnip, 2 quarts good stock. Put Crisco in saucepan then add onions, celery and parsnip; cook a little, do not let it get very brown, then add dried beans, tomato puree; sliced beet and add pepper and salt to taste and then stock, and boil till all is tender. Rub through a fine sieve, reheat and serve.

April 9

**Corn Chowder*
Broiled Steak
Baked Potatoes
Horseradish, Cream Dressing
Scalloped Tomatoes
Celery Salad
Cherry Sponge
Coffee

**Corn Chowder*—1 can corn, 1 cup salt pork cut in cubes, 1 cup potatoes, ½ cup chopped onions, salt and red pepper to taste, 3 cups water, 2 cups milk, 1 tablespoon Crisco, 1 tablespoon flour, and ½ cup crackercrumbs. Cook salt pork in frying pan for 5 minutes; add onion and cook until a yellow color. Parboil potatoes 5 minutes; add to onion with corn and water; cook 20 minutes. Thicken milk with Crisco and flour cooked together. Combine mixtures; add cracker-crumbs and salt and pepper to taste, then serve.

April 10

Puree of Black Beans
Baked Macaroni **Potato Puff*
Cabbage Salad
Cheese Puffs
Spice Jelly, Whipped Cream
Coffee

**Potato Puff*—Prepare 2½ cups hot mashed potato. Add ¾ cup milk, 2 well-beaten yolks of eggs, 3 tablespoons Crisco, and salt and pepper to taste. Beat this well, then add beaten whites of 2 eggs. Pile lightly in Criscoed baking dish and bake until puffed and brown.

April 11

Bean Soup
Globe Artichoke with Sauce Hollandaise
Stuffed Peppers *Potato Straws*
**Grilled Tomatoes*
Pimiento Salad
Fruit *Assorted Cakes*
Coffee

**Grilled Tomatoes*—Wipe tomatoes, spread little Crisco on each with a knife, and set on grill pan near to clear fire. Turn often, basting or keeping moist with Crisco. Whole tomatoes cook in 7 to 10 minutes, according to size. Sliced ones in about 5 minutes. When meat or ham is being grilled tomatoes will cook in pan underneath the grid on which meat rests.

April 12

** Hollandaise Soup*
Escalloped Potatoes *Vegetable Pie*
Celery Patties
Romaine Salad
Chocolate Tapioca
Coffee

** Hollandaise Soup*—1 quart vegetable stock, 4 tablespoons Crisco, 4 tablespoons flour, 4 yolks eggs, ½ pint cream, ½ cup green peas, cooked, 1 teaspoon salt, ½ cup carrot, cut in small pieces, cooked, 1 teaspoon sugar, ½ cup cut cucumber, cooked, and 1 teaspoon chopped tarragon.

Trim peas, carrots and cucumbers with round cutter, size and shape of peas. Cook them in boiling water, being careful not to cook them too much. Melt Crisco and flour in stewpan; add stock and let boil well. Break yolks of eggs into a basin and add cream, then add the liaison of eggs and cream to stock; let it just come to boil, being careful it does not curdle. Strain into a clean stewpan, add vegetables which have been previously cooked, and tarragon and serve.

April 13

Indian Soup *Rice*
**Mock Goose, Apple Sauce*
Stewed Celery
Pineapple Salad
Rhubarb Pie
Coffee

**Mock Goose*—2 cups breadcrumbs, 2 cups dropped black walnuts, 2 cups boiled rice, 6 hard-cooked eggs, 3 raw eggs, 1 tablespoon grated onion, salt, pepper and grated nutmeg to taste.

Put breadcrumbs in saucepan with 2 cups water; cook for a few minutes; add hard-cooked eggs, chopped; take saucepan from fire and add black walnut meats and the rice. When this is well mixed, add raw eggs, slightly beaten, and seasonings. Form this into shape of a goose, reserving portions for legs and wings. Take a tablespoon of mixture in your hand and press it into shape of a leg; put piece of dry macaroni into it for bone and fasten it to goose. Do other side same way. Form remaining portions into small pieces looking like wings tucked under; press them to side of goose. Brush goose over with melted Crisco and bake for 1 hour. Serve with apple sauce.

April 14

**Lobster Newburgh*
Glazed Sweetbreads
Loin of Lamb, Roasted, Mint Sauce
Asparagus Potato Croquettes
Pineapple Sherbet Coffee

**Lobster Newburgh*—2 pounds lobster, ¼ cup Crisco, salt, red pepper, and grated nutmeg to taste, 1 tablespoon sherry, 1 tablespoon brandy, ⅓ cup cream, and 2 egg yolks. Remove cooked lobster meat from shell and cut in slices. Melt Crisco, add lobster and cook 3 minutes. Add salt, red pepper, grated nutmeg, sherry and brandy; cook 1 minute, then add cream and yolks of eggs slightly beaten, and stir until thickened. Serve with toast.

April 15

**Stewed Chicken*
Baking Powder Biscuit
Spinach Buttered Parsnips
Celery and Orange Salad
Cheese Relish Ribbon Jelly
Coffee

**Stewed Chicken*—Draw, singe, and joint a stewing chicken. Season pieces with pepper and salt and cover with boiling water. Cover and stew gently until tender.

Remove chicken. Place pieces in a colander on a plate in oven to drain, and thicken gravy by adding 1 tablespoon flour rubbed with 1 tablespoon Crisco. Add salt and pepper to taste, a little chopped parsley and 1 cup milk. Beat an egg until light; pour on it part of gravy, beating carefully to prevent lumps; return to remainder of gravy; bring to boil and pour over chicken.

April 16

Oyster Bisque
**Mackerel, a la Claudine Radishes*
Corn Peas Potatoes
Lettuce and Pepper Grass Salad
Cheese Balls Princess Pudding
Coffee

**Mackerel, a la Claudine*—Take a nice large fresh mackerel, split it down back and remove bone, season fish with melted Crisco, chopped fresh mushrooms, salt, pepper, and finely chopped shallot; put on to a grill iron and cook in front or over brisk fire for about 15 minutes, then take up and serve on hot dish with the following sauce: Take 1 cup brown sauce, 2 tablespoons capers, pinch chopped parsley, four anchovies rubbed through sieve, 1 teaspoon glaze, and 1 chopped shallot, 3 or 4 shredded button mushrooms; boil up and simmer for 10 minutes, rub through sieve, then add juice of 1 lemon and 4 chopped olives, reboil and serve.

April 17

**Potato Soup*
Breaded Lamb Chops, Tomato Sauce
Mashed Potatoes
Creamed Turnips Cheese Salad
Canary Pudding Coffee

**Potato Soup*—1 quart white second stock or water, ½ pint milk, 1 pound potatoes, 1 onion, 1 stalk celery, 2 tablespoons Crisco, 1 tablespoon fine sago or crushed tapioca, salt and pepper to taste.

Slice potatoes, onion, and celery. Make Crisco hot in stewpan, add vegetables, fry and cook until Crisco is absorbed, stirring frequently to prevent them browning. Add stock, and simmer until vegetables are tender (about 1 hour). Rub through fine sieve; return to saucepan, add milk, and bring to boil. Sprinkle in sago, cook until transparent, add seasoning to taste, and serve.

April 18

Orange Cocktail
Boiled Capon, Caper Sauce
*Buttered Beans *Carrot Fritters*
Olive Salad Baked Chocolate Custard
Coffee

**Carrot Fritters*—Have nice, young, tender carrots, clean and scrape them carefully, and cut each one in two lengthwise. Put to boil in salted water. Take up, drain and cool, and make a frying batter as follows: Beat up 1 egg, sift in 1 cup flour, ¾ cup milk, pinch of salt, and 1 tablespoon melted Crisco. Mix till smooth and glossy. Allow to stand in cool

place for 1 hour, then add 1 teaspoon baking powder. Put in few pieces of carrot at a time. Drop into hot Crisco and fry for few minutes. Serve hot.

April 19

** Kidney Soup*
Flounder, White Sauce
Roast Shoulder of Mutton
Potatoes *Spinach au Jus*
Cauliflower and Red Pepper Salad
Moulded Pears, Whipped Cream
Coffee

** Kidney Soup*—½ pound ox kidney, ½ pound lean beef, 3 pints brown stock, 3 tablespoons coarsely chopped fat bacon, 1 tablespoon chopped onion, 2 tablespoons flour, 2 tablespoons Crisco, salt and pepper to taste.

Wash kidney and beef quickly, dry them, and cut them up quite small. Melt Crisco in saucepan, add bacon, onion, and kidney, and fry them until brown. Add stock and salt to taste, and simmer soup for about 2½ hours. Strain out solid parts, pound them to a paste, and rub this through fine wire or hair sieve. Rinse out pan, mix flour smoothly and thinly with little of strained soup. Reboil rest of liquid, pour in flour, and stir it till it boils. Cook for ten minutes and carefully skim it. Then mix in smoothly sieved meat, add seasoning, reheat soup without boiling it after adding meat, and it is ready to serve. Water can replace stock; if so, add piece of carrot and turnip and bunch herbs to soup, but do not pound or sieve these. A more delicate soup is made with four or five sheep's kidneys instead of ox kidney. Add little caramel coloring if needed.

April 20

Celery Soup
**Braised Ox-Tongue*
Baked Potatoes *Mashed Turnips*
Cold Slaw *Cheese Wafers*
Rice Mousse *Coffee*

**Braised Ox-Tongue*—1 ox-tongue, 1 pint stock, 1 onion, 1 small carrot, 1 bouquet garni, 1 clove, ½ pint piquante sauce, and 6 thin slices bacon. Trim ox-tongue, which should be obtained salted or pickled ready for use. Blanch, and let it cool. Put into fish-kettle or stewpan, large enough to hold tongue, slices bacon, onion peeled and sliced, carrot scraped and cut in pieces, bouquet garni and clove; add stock, put in tongue, and cook until three parts done, then take it up, and skin while hot. Strain liquor it was cooked in, take off fat, add piquante sauce, put tongue into this, and finish cooking. When tender, cut in slices, dish, and pour sauce over, and serve. Mashed potatoes, spinach, or peas served with tongue is a great improvement.

The piquante sauce is made as follows: 4 shallots, 3 mushrooms, 1 bay leaf, ½ carrot, sprig thyme, 2 tablespoons Crisco, 4 tablespoons vinegar, half pint brown stock, ½ teaspoon anchovy extract, 1 tablespoon Worcestershire sauce, 3 tablespoons flour, salt and red pepper to taste.

Peel and chop shallots, carrot, and mushrooms; melt Crisco in a saucepan; fry vegetables a nice brown; then add vinegar, bay leaf, and thyme. Reduce vinegar to half the quantity; stir in flour, dilute with stock, bring to boil; then add anchovy extract, Worcestershire sauce, salt and red pepper to taste. Take out thyme and bay leaf. Simmer for 10 minutes. Skim, and use as required.

April 21

**Mock Turtle Soup*
Beef, a la Mode *Potatoes*
Cauliflower *Beet Salad*
Cheese Wafers *Rhubarb Shortcake*
Coffee

**Mock Turtle Soup*—½ calf's head, 2 pounds shin beef, small knuckle veal, 3 tablespoons Crisco, ½ cup flour, 1 ounce ham, large bunch herbs, 12 whole peppers, 6 cloves, blade mace, 3 onions, 1 carrot, ½ head celery, 1 leek, glass sherry or some lemon juice, salt and red pepper to taste, and quenelles. Leave head in water to soak for 5 or 6 hours; then wash well

and take out brains. Bone head. Cut 6 ounces lean part of veal and reserve to make quenelles. Then chop bones taken from head, the veal, and beef. Put them into stock-pot, and place flesh from head on top; then well cover with water, add little salt and let slowly come to boil. Skim well; add vegetables, cleaned but not cut up, and spices. Let all simmer very slowly for 8 or 9 hours. When head is quite tender (it will take about four hours), lift it out carefully and place between 2 dishes to press until quite cold. Strain stock. Melt Crisco in pan, add ham cut into small pieces, and fry slowly for five minutes, then add flour and stir until it is of dark brown color. Take off stove and add stock by degrees; stir over fire until it boils; put it at corner of stove to simmer for 20 minutes; skim and strain it. Cut head into small square pieces and warm up in soup; add sherry, red pepper, and salt to taste. Turn it out into tureen, then put in some very small quenelles, made with teaspoons, and poached for 10 minutes in water.

Vegetarian

April 22

Calcutta Bisque
Tomatoes Casino
**Asparagus Loaf, Bechamel Sauce*
Leeks in Butter *Roast Potatoes*
Cherry Salad
Cheese *Crackers* *Coffee*

**Asparagus Loaf*—Crisco thoroughly a charlotte russe mold, ¼ size, and line it with cooked tips of asparagus well drained. Cook together 2 tablespoons flour 2 tablespoons Crisco, 1 teaspoon salt, dash of pepper, add gradually 1 cup of cream and boil 5 minutes. Remove from fire, add 1 cup cooked asparagus tips and 4 eggs thoroughly beaten. Turn mixture into mold, set in pan of hot water and cook in a moderate oven about 30 minutes or until center is firm. Turn loaf on hot dish, arrange about it, little oblong pieces of bread that have been dipped in beaten eggs and milk and browned. Pour sauce around it and serve at once.

Vegetarian

April 23

Julienne Soup
Creamed Salsify Patties
Mushrooms in Casserole
Mashed Potatoes *Green String Beans*
Orange Fritters **Swiss Pudding*
Coffee

**Swiss Pudding*—1½ cups bread-crumbs, 1 pound apples, 4 tablespoons brown sugar, 2 tablespoons Crisco, and grated lemon rind. Choose good cooking apples, peel, core, and thinly slice them. Well Crisco a pint pudding-dish, place some crumbs on bottom, and press some against the sides of dish, put in layer of apples, some sugar, a little lemon peel or any other flavoring preferred, then a few more crumbs, and repeat this until all are used; leaving crumbs for top layer.

Pile mixture up little as it shrinks while cooking. Place Crisco in small pieces on top. Bake in moderately hot oven until apples are quite cooked and pudding is browned top and bottom. Turn pudding out on to flat dish, sprinkle sugar over top. Serve with boiled custard or cream. This pudding may be served hot or cold

Vegetarian

April 24

Cream of Pea Soup
Ladies' Cabbage in Ramekins
Chestnut Puree
Mock New Potatoes **Creamed Beets*
Banana Salad
Marshmallow Pudding
Coffee

**Creamed Beets*—Boil 8 medium-sized beets until tender, then remove from saucepan and place them in cold water, rub skins off carefully with hands, cut in ½ inch cubes. Make a sauce of 2 tablespoons Crisco creamed with 2 tablespoons flour and ½ cup water in which beets were boiled 2

tablespoons cream, 2 tablespoons vinegar, 2 teaspoons sugar, salt and pepper to taste. Pour sauce over hot beets and serve in hot dish.

Vegetarian

April 25

Cream of Turnip Soup
**Bean Croquettes, Tomato Sauce*
Savory Rice
Lettuce Salad, French Dressing
Stewed Prunes Coffee

**Bean Croquettes*—1 pint white beans, ½ cup cream, yolk 2 eggs, 1 tablespoon Crisco, 1 tablespoon flour, 1 tablespoon chopped parsley, 1 teaspoon onion juice, 1 teaspoon salt, and pepper to taste. Soak beans over night, drain, cover them with fresh water, boil an hour, drain, throw away water, cover with fresh water and boil until tender; drain and press beans through colander. Rub Crisco and flour together, add cream, stir until almost boiling, then add yolks of eggs. Stir again for a minute over fire, add bean pulp and all seasonings; mix and turn out to cool. When cool, form into cylinders, dip in egg, roll in breadcrumbs and fry in hot Crisco. Serve with tomato sauce.

April 26

Mushroom Canapes
**Chicken, a la King*
Potato Croquettes
Tomato Mayonnaise
Cheese Drops Washington Pie
Coffee

**Chicken, a la King*—½ boiled chicken (one pint in thick pieces), 2 tablespoons Crisco, 2 fresh mushrooms, 1 cup cream, ½ cup sherry wine, yolks 2 eggs, 1 teaspoon salt, 1 green pepper and 1 red pepper, cut in long thin strips. Melt Crisco, add mushrooms, cook 5 minutes. Add chicken, heat through, add salt, wine and the strips of peppers. (The chicken should be removed from bone in long thick pieces.) Beat yolks until light, add cream, cook over boiling water or in chafing dish, stirring constantly until thickened, about 1½ minutes; then pour over hot chicken mixture and serve at once on toast.

April 27

Fried Trout Radishes
**Grilled Chickens*
Glazed New Potatoes Broiled Tomatoes
Stuffed Cucumber Salad
Cheese Sticks
Roman Cream
Coffee

**Grilled Chickens*—Have small spring chickens, clean and wipe well, and split down back. Soak them for an hour in olive oil that is seasoned with an onion sliced, some salt, pepper, parsley and lemon juice. Lift them from this dressing, and without wiping at all, but sprinkling over them a little flour, set to broil over a clear fire. Melt 4 tablespoons Crisco, add to it juice of 1 lemon, glass of Madeira and tablespoon cooked ham chopped as finely as it is possible to get it. Have this sauce hot, and put over chickens when taking them up.

April 28

Clam Cocktail
Shad, Stuffed and Baked,
Brown Butter Sauce
Mashed Potatoes
Beets Stuffed with Peppers
**Caramel Custard*
Coffee

**Caramel Custard*—4 eggs and 1 yolk, ½ cup sugar, 1 pint milk, and 1 teaspoon lemon extract. Have plain tin pudding mold, put 3 tablespoons sugar into small saucepan and stir till it becomes quite brown like coffee. Pour this into mold and run it all over bottom of it. Crisco then sides of mold, beat eggs and sugar together till mixed well, then add milk and flavoring. Pour all into prepared mold, cover with piece of Criscoed paper; have stewpan with an inch of boiling water in it; put saucer or something flat in bottom of it, set pudding tin on this, and cover pan with lid. Let steam slowly for at least 1 hour. It must not boil, but be set on part of stove

where it will keep hot without boiling. Turn out and serve hot or cold.

Vegetarian

April 29

Cream of Salsify Soup
Nut Sausage, Brown Sauce
Grilled Sweet Potatoes
**Sour German Cabbage*
Apple and Prune Tart
Coffee

**Sour German Cabbage*—2 quarts chopped cabbage, 2 tablespoons Crisco, ½ cup vinegar, salt and pepper to taste.

Soak cabbage in cold water for 1 hour; drain; place it in an uncovered kettle of boiling salted water, cook 20 minutes; drain and return to kettle. Add vinegar, bring cabbage to boiling-point and cook 5 minutes. Add Crisco, salt and pepper to taste.

April 30

**Pepper Pot*
Mutton Cutlets, Tomato Sauce
New Potatoes *Lima Beans*
Sliced Tomato Salad
Cheese Fingers *Violet Mousse*
Coffee

**Pepper Pot*—A small knuckle of veal, 1 pound cooked tripe, 1 onion, 2 medium-sized potatoes, 1 bunch pot herbs, 1 cup Crisco, 3 quarts cold water.

Wash veal and pot herbs and slice onion, put them with water, in soup kettle, on back of stove, where they will come gradually to boiling point. Allow to simmer 4 hours or more. Strain and set away to cool. This must be done day before it is wanted. When cold, skim off every particle of fat, add to it potatoes, cut in small cubes, tripe, cut in ½ inch squares, bay leaf, few sprigs parsley chopped fine, and meat cut from knuckle, rejecting every bit of fat and gristle. Put them on to boil just long enough before dinner to cook potatoes; when boiling season to taste with salt and red pepper. Thicken soup with one teaspoon each flour and cornstarch mixed smooth with little water. Mix Crisco with 1 cup flour, ½ teaspoon salt and little pepper, and enough cold water to make dough stiff enough to roll out, cut in small squares and boil in soup ½ hour.

May 1

Beef Soup *Noodles*
Roast Beef *Yorkshire Pudding*
Browned Potatoes
**Canned Corn Pudding*
Spinach and Egg Salad
Strawberry Sherbet *Coffee*

**Canned Corn Pudding*—1 can corn, 1 cup hot milk, ¼ teaspoon salt, ½ teaspoon sugar, 1 tablespoon Crisco, 1 tablespoon flour, and 1 egg.

Melt Crisco; mix well with flour; add the milk gradually, then the seasoning and corn, and last of all beaten egg. Pour into Criscoed baking dish and bake in moderate oven for ½ hour.

May 2

Porterhouse Steak
Scalloped Potatoes with Onion
Artichokes, Hollandaise Sauce
**Daisy Salad*
Roquefort Cheese
Lemon Ice Cream with Grated Pineapple
Coffee

**Daisy Salad*—Arrange around border of salad plates a row of crispy lettuce leaves, and in the center put a tablespoon of dressing. This makes center of daisy. Around this put petals made by cutting into narrow strips whites of hard-cooked eggs. Take yolks of these eggs and put through strainer, scattering over dressing in center to give a rough appearance. This will require about five hard-cooked eggs.

The dressing for the center is made as follows: Beat together 3 eggs, add to them 1 cup milk, 2 tablespoons vinegar, ½ teaspoon salt, 2 tablespoons Crisco, 2 teaspoons mustard mixed to paste with 2 teaspoons water, and pepper to taste. Bring to boiling point.

May 3

Normandy Soup
**Veal Loaf, Brown Sauce*
String Beans *Baked Tomatoes*
Mexican Salad
Cheese Fingers
Vanilla Ice Cream *Strawberry Tarts*
Coffee

**Veal Loaf*—1 pound cold roast veal finely chopped, ½ pound sausage meat, 2 tablespoons Crisco, 4 tablespoons breadcrumbs, ½ cup stock or gravy, 1 egg, salt and pepper to taste.

Mix veal, sausage meat, Crisco, and breadcrumbs together, season liberally with salt and pepper, and add egg. Mix thoroughly and add gravy or stock gradually until it is thoroughly moistened. Form into a short thick roll, cover lightly with flour, or, when economy is not an object, coat with egg and breadcrumbs. Bake in moderate oven for 1 hour, basting occasionally with hot Crisco, and serve hot with brown sauce.

May 4

Clear Gravy Soup
**Crown of Lamb with Peas*
Potato Croquettes *Cauliflower*
Bird's Nest Salad
Cheese Custard
Sultana Roll, Strawberry Sauce
Coffee

**Crown of Lamb with Peas*—Select parts from 2 loins containing ribs, scrape flesh from bone between ribs, as far as lean meat and trim off backbone. Shape each piece in semicircle, having ribs outside and sew pieces together to form a crown. Trim ends of bones evenly and rather short and wrap each bone in thin strip fat scraps to prevent bone from burning. Place on rack in dripping pan with bowl in center of crown to preserve its shape. Dredge with flour, sprinkle with salt and pepper, basting frequently with melted Crisco, and allowing 9 minutes to the pound for roasting. Cover bones with Criscoed paper. Remove paper from bones before serving and fill the center with peas. Place paper frills on chop bones and parsley around base. The center of crown may be filled with potato balls, French fried potatoes, or puree of chestnuts.

May 5

**Hotch Potch*
Baked Ham in Pastry
Mashed Turnips *Potato Balls*
Stuffed Tomato Salad
Caramel Ice Cream *Cake*
Coffee

**Hotch Potch*—⅓ cup pearl barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 4 tablespoons Crisco, salt and pepper to taste, and 3 quarts water. Put barley on fire with cold water. Scrape or grate one of carrots, and put it aside in little water. Chop all rest of vegetables very small, and when water boils put them in with Crisco, salt and pepper. There should be enough vegetables to make it rather thick. Boil for 2 hours, then add scraped carrots, and boil for another ½ hour. Many other vegetables may be added. Lettuce, green peas, and celery when in season.

May 6

Pear and Ginger Cocktail
Tomato and Vermicelli Soup
Broiled Beefsteak
**French Fried Potatoes*
Lettuce Salad
Lemon Pudding, White Sauce
Coffee

**French Fried Potatoes*—Wash and pare small potatoes, cut in eighths lengthwise, and soak 1 hour in cold water. Take from water, dry between towels, and fry in deep Crisco. Drain on brown paper and sprinkle with salt. To test Crisco, heat until a crumb of bread becomes a golden brown in 20 seconds.

May 7

**Tomato Pot Roast*
Beet Greens *Boiled Potatoes*
Spring Salad
Rhubarb Tutti Frutti
Maple Gingerbread
Coffee

**Tomato Pot Roast*—Rub over with flour surface of a 4-pound piece of beef cut from lower round, and season it with salt and pepper. Finely chop 2 onions and fry them until brown in 3 tablespoons melted Crisco. Remove onions, put in meat, and cook it until well browned on all sides. Add can of tomatoes and 2 quarts water, cover, and let simmer for about 2 hours, or until meat is tender. Remove meat; thicken and strain liquor. Cut meat in slices and serve in sauce, or use cold for lunch.

May 8

Cream of Beet Soup
Cold Pot Roast *Stuffed Potatoes*
String Bean Salad *Stewed Apricots*
**Black Chocolate Cake*
Coffee

**Black Chocolate Cake*—1¼ cups sugar, 2 eggs, ¼ cup Crisco, 4 squares chocolate, 1½ cups flour, measured after sifting, 3 teaspoons baking powder, 1 teaspoon salt, ½ cup milk, and 1 teaspoon vanilla.

Cream Crisco and sugar, add well beaten eggs, then chocolate melted, beat thoroughly. Sift salt and baking powder with flour and add alternating with milk to previous mixture. Add flavoring last and beat thoroughly before pouring into a pan well greased with Crisco. Bake in a moderate oven about 40 minutes.

May 9

Broiled Bluefish
**Souffle Potatoes, Austrian Style*
Spinach *Radish Roses*
Coffee Jelly, Whipped Cream
Sponge Cakes *Coffee*

**Souffle Potatoes, Austrian Style*—Select 6 large even-sized potatoes, wash and scrub them, and when dry bake them in hot oven until done. Cut off small portion of skin and remove inside part while hot. Rub this quickly through sieve into a basin, add 1 tablespoon cream, 1 tablespoon Crisco, salt, pepper, nutmeg to taste, and work in 4 yolks of eggs.

Beat whites of eggs to stiff froth, and stir lightly into mixture. Fill potato shells with this, and bake slowly for about ½ hour, or long enough for mixture to rise, and surface of it to brown. If liked, a little grated cheese can be incorporated with mixture and sprinkled over top of potatoes just before baking second time.

May 10

Haricot Soup
Rice Fritters *Tomatoes au Gratin*
**Baked Bananas*
Bread *Cheese*
Coffee

**Baked Bananas*—Remove skins from 7 bananas and cut in halves lengthwise. Put in shallow granite pan or on an old platter. Mix 2 tablespoons melted Crisco, ⅓ cup sugar, and 2 tablespoons lemon juice. Baste bananas with ½ the mixture. Bake 20 minutes in slow oven, basting during baking with remaining mixture.

May 11

Fish Soup
Salt Cod Fish Balls
Steamed Brown Bread
Dressed Shredded Cabbage
**Cream Pie*
Coffee

**Cream Pie*—3 eggs, 3 tablespoons sugar, 3 tablespoons flour, 1 tablespoon Crisco, 1½ pints milk, and 1 teaspoon lemon extract.

Mix sugar and flour and then put into a saucepan, then add yolks of eggs, Crisco, milk and flavoring. Stir constantly until it thickens and then divide into 2 baked pie crusts and cover with a meringue made of whites of eggs.

May 12

Fried Fish, Tartare Sauce
Calves' Tongues *Sorrel Puree*
French Pigeon Pie
**Macaroni, a l'Italienne*
Polish Salad
Apricot Parfait
Coffee

**Macaroni, a l'Italienne*—¼ pound macaroni, 2 tablespoons flour, 2 tablespoons Crisco, salt and paprika to taste, ½ cup brown stock, ½ cup tomato pulp, and ½ cup grated cheese. Make sauce of Crisco, flour seasonings, stock, and tomato pulp. Tomato pulp should be quite thick from long cooking. Add macaroni, cooked until tender, in boiling salted water, rinsed and drained. Reheat in double boiler, adding cheese meanwhile. Serve when cheese is melted and whole is very hot.

May 13

Grilled Salmon
Cucumber *Potatoes*
Galantine of Beef, Aspic Jelly
Vegetable Salad
**Fruit Tart* *Custard*
Coffee

**Fruit Tart*—2 pounds fruit, 1 cup sugar, ginger, 2 cups flour, 6 tablespoons Crisco, and baking powder. If tart is to be made of rhubarb, it should we well washed (not skinned) and cut up in inch lengths, packed tightly into dish, sugar sprinkled among it, also ½ teaspoon ground ginger. If made of gooseberries, they should be picked clean, washed, and put in dish with little cinnamon. If apples are used, they must be peeled and sliced very thinly, sugar sprinkled among them, and little lemon peel grated, or ½ teaspoon ground cinnamon. In no case put water in. Paste. Put flour in basin with dessertspoon, sugar, ½ teaspoon baking powder, 6 tablespoons Crisco, and crumble latter among flour until all lumps have disappeared, then pour in cold water to make stiff paste; turn it out on board and roll it a little larger than size of dish; after wetting it, cut off band of paste to put round edge of dish; wet band again and place remainder paste on. Press it down very lightly, to make edges adhere; pare and notch them neatly according to taste; brush top with cold water, and dust fine sugar over, then put in oven to bake for 1 hour. When fruit tart begins to boil out at side it is usually ready.

May 14

**Spring Soup*
Slices of Galantine of Beef
Lettuce and Egg Salad
Cheese Toast
Bananas in Custard
Coffee

**Spring Soup*—1 large lettuce, 12 spring onions, 2 tablespoons Crisco, 1 pint milk, 1 pint stock or water, 1 tablespoon cornstarch, parsley, salt, nutmeg, croutons of bread and sugar.

Wash lettuce and onions, shred lettuce and slice onions thinly. Melt Crisco in saucepan, and fry lettuce and onions for about 5 minutes; add stock and part of milk, and let simmer gently for 10 minutes. Mix cornstarch with remainder of milk, pour into soup and stir until it boils, simmer for another 10 minutes; season to taste with pepper, salt, sugar, and little nutmeg. Cut some crust of bread into thin strips and dry quite crisp in oven; put them into tureen with parsley picked small, and pour soup over. Watercress, endive, or sorrel may be used either along with, or in place of, the lettuce for a change.

May 15

Julienne Soup
**Bobotee*
Boiled Potatoes *Beans*
Cream Cheese and Pimiento Salad
Blanc-mange and Stewed Fruit
Coffee

**Bobotee*—1 pound lean beef or mutton, 6 ounces bread, 8 tablespoons Crisco, 4 onions, 4 tablespoons al-

monds, 1 tablespoon vinegar, 1 tablespoon curry powder, 1 tablespoon sugar, 2 teaspoons salt, and 4 eggs.

Soak bread in milk, then squeeze it, mince meat. Chop onions and fry in hot Crisco, keeping them of a pale color, add bread, curry, sugar, vinegar, and salt, then well mix in meat and eggs beaten. Crisco a pudding dish. Bake from 20 to 30 minutes. Serve in pudding dish garnished with slices of lemon and parsley. Can be eaten either hot or cold.

May 16

**Chipped Beef in Cream*
Baked Potatoes
Lettuce and Radish Salad
Cheese Balls
Frozen Macedoine
Coffee

**Chipped Beef in Cream*—Make white sauce using 8 tablespoons Crisco, 8 tablespoons flour, 3 cups milk and 1 cup cream. To it add ½ pound dried beef broken into small pieces. Cook about 5 minutes and just before serving pour very slowly on to 2 well beaten eggs. Serve at once.

May 17

Fruits
**Spanish Omelet* *Molded Spinach*
New Potatoes
Corn Salad *Cheese Sticks*
Frozen Souffle
Coffee

**Spanish Omelet*—1 green pepper, 1 red pepper, 1 onion, 3 tablespoons Crisco, 6 mushrooms, 6 eggs, 6 tablespoons water, salt and pepper to taste.

Put ½ Crisco in saucepan, add onion chopped very fine, mushrooms and red and green pepper; cover, cook slowly for 20 minutes. Make plain omelet from rest of ingredients; turn this out on heated dish, fill ends of dish or platter with Spanish sauce, and send it to table. This omelet can be made very handsome by saving ¼ of green and red pepper, cutting it into fancy shapes to use a garnish for top of omelet.

May 18

Strawberries
Lentil Soup, au Maigre
**Scalloped Clams* *Stewed Tomatoes*
Beet and Cabbage Salad
Vanilla Ice Cream
Maple Sauce
Coffee

**Scalloped Clams*—Chop 25 clams fine and season with red pepper and salt to taste. Blend together 1 tablespoon each Crisco and flour, and cook with 1 cup liquid, half milk and half clam juice, with a tiny pinch of soda, and stir until smooth and creamy. Add chopped clams with 1 beaten egg. Have ready large clam or scallop shells, Crisco on inside and fill with clam mixture, smoothing over with silver knife blade. Arrange on baking dish and bake about 6 minutes, or until well browned. Garnish with parsley and pass sliced lemons with them.

May 19

Grape Fruit
Cream of Celery Soup
**Sweetbreads*
Creamed New Potatoes
Green Peas *Carrots*
Hot Biscuit
Fruit Salad *Orange Ice*
Sunshine Cake
Coffee

**Sweetbreads*—Clean and soak 2 pairs of sweetbreads in cold water for an hour or more, then put them in pan with enough water to cover them, and cook them for 20 minutes. Take them out and place them in cold water for 2 or 3 minutes to make them firm. Dry thoroughly, rub them with tablespoon of Crisco. Sprinkle with salt and pepper and place in a pan with brown sauce. Cook in hot oven for 20 minutes. Baste often with the sauce.

May 20

Cream of Pea Soup *Croutons*
Stuffed Eggs, Tartare Sauce
Baked Bananas *Potato Fluff*
**Onions Stuffed with Nuts*
Apple Salad
Coffee

**Onions Stuffed with Nuts*—2 large Spanish onions, or 6 good-sized Bermuda onions, 1 cup boiled rice, 1 cup chopped English walnut meats, mixed with 1 teaspoon salt, 1 saltspoon pepper, and 1 raw egg.

Put onions, without peeling into a saucepan of boiling water; add half the salt and boil for ½ an hour. Drain and dry. Remove outside skin, and with handle of a teaspoon, take out center, saving it for the sauce. Mix nuts, rice, seasoning and egg; fill this into onions; stand them in baking pan, brush with melted Crisco and bake in moderate oven for ½ hour. Chop very fine the portion that you have taken from center, press it through a sieve, add this pulp to a cup of tartare sauce and pour it into a sauceboat. Serve onions on platter; pass the sauce.

May 21

Oloronnaise Potage
Broiled Shad Roe **Anna Potatoes*
Duckling Braise with Cherries
Fresh Asparagus, Swiss
Weimar Pudding
Coffee

**Anna Potatoes*—Peel, wash and drain 4 good-sized, sound, raw potatoes. Slice them with a Saratoga-chip potato machine. If none is at hand, slice them as fine as possible. Grate 2 ounces of Parmesan or Swiss cheese. Heat 2 tablespoons Crisco in a small frying pan, remove pan from fire and cover bottom with light layer of potatoes. Mix teaspoon salt with 2 saltspoons white pepper, sprinkle a little over potatoes, spread a little cheese over potatoes, and place few bits Crisco over cheese. Arrange another layer of potatoes—and so on till all are employed. Cover pan, place on moderate fire for 5 minutes. Turn them over with cake turner; let them cook again 3 minutes, then place in hot oven for 10 minutes. Turn on hot dish and serve.

May 22

Little Neck Clams
Parmentier Puree
Veal Cutlets
Mashed Potatoes **Spinach, Martha*
Chicory Salad
Biscuit Tortoni
Coffee

**Spinach, Martha*—Trim off stalks of 3 quarts fresh spinach, discarding stale leaves if any. Thoroughly wash and drain, plunge in gallon boiling water with 1 tablespoon salt and boil for 10 minutes. Take them up with skimmer, drain on sieve, press out all water, chop finely, place in saucepan. Cut 3 slices bread in ⅓ inch square pieces, place on plate, pour over them 1 tablespoon vinegar, then brown them in small frying pan with 1 tablespoon melted Crisco to golden color, add them to spinach, with 2 hard-cooked eggs cut into 8 pieces each, 1 tablespoon Crisco, salt, sugar, grated nutmeg to taste, and 4 tablespoons cream. Mix well with wooden spoon and cook 10 minutes, lightly mixing once in a while, dress on vegetable dish and serve.

May 23

Potage, a la Monaco
**Mackerel, Cold, Vinaigrette*
Cucumbers, Bechamel Sauce
Tomato and Artichoke Salad
Monte Carlo Pie
Coffee

**Mackerel, Cold, Vinaigrette*—Select fine mackerel; clean, leaving head on, wrap in piece of cheesecloth, and boil in strong solution of vinegar and water until tender, taking care that it does not cook too long. 15 to 25 minutes should be sufficient. Make a vinaigrette sauce with ½ cup tarragon vinegar, 1 cup melted Crisco, 1 teaspoon made mustard, 1 teaspoon chopped parsley, 1 teaspoon chopped

shallots, and 2 teaspoons chopped capers. Put vinegar into basin, add mustard, little salt, stir in Crisco and chopped ingredients. Mix well together, lay mackerel, after removing from cloth, on long platter, pour over vinaigrette sauce and let marinate thoroughly, putting in refrigerator as soon as cool. Serve ice cold in bed of parsley, garnished with lemon slices, and pass vinaigrette sauce with it.

May 24

**Puree, a l'Indienne*
Lamb Stew with Dumplings
Lettuce, French Dressing
Cheese Balls
Snow Pudding
Coffee

**Puree, a l'Indienne*—2 large apples, 4 tablespoons Crisco, 1 large onion, 1 large carrot, 1 turnip, white 2 leeks, 1 stalk celery, sprig parsley, 1 bay leaf, 1 tablespoon cocoanut, juice ½ lemon, 1 tomato, 1 teaspoon salt, ½ teaspoon red pepper, 1 tablespoon curry powder, 1 teaspoon curry paste, ½ cup cream, some boiled rice, and 2 quarts of water.

Melt Crisco, cut up all vegetables (prepared) into rough pieces, fry them a little in hot Crisco, add also curry powder, and fry it. Do not peel apples; simply wipe, cut up and add with vegetables. When fried for 7 minutes, add all ingredients except cream, simmer till soft, then rub all through fine sieve, return to pan to reheat, and gently add cream. Serve rice on paper mat, as croutons are served with most soups.

May 25

**Fish Chowder*
Cucumber and Tomato Salad
Cheese Croquettes
Bakewell Pudding
Coffee

**Fish Chowder*—1 white fish weighing 5 pounds, 4 cups potato dice, ½ cup onion dice, ½ cup salt pork dice, salt, pepper, and red pepper to taste, 4 cups hot water, 2 tablespoons Crisco, 4 tablespoons flour, 4 cups milk, and 10 buttered crackers. Remove head and skin and cut fish into fillets. Cover head, skin and bones with cold water; simmer 20 minutes, strain. Reserve liquor. Parboil potatoes 10 minutes. Cook onion in salt pork until yellow. Arrange in layers, fish, potatoes, onions and salt pork; cover with water in which bones were cooked, and simmer until potatoes are tender. Thicken milk with Crisco and flour cooked together, combine mixtures, add seasonings, and pour over buttered crackers which have been previously soaked in cold milk. Do not allow onion or salt pork to burn.

May 26

**Turnip Soup*
Beefsteak and Kidney Pie
Potatoes *Peas*
Lettuce Salad
Caramel Trifle
Coffee

**Turnip Soup*—Take 2 pounds of peeled turnips, cut into small squares, place in a stewpan with 4 tablespoons Crisco, stir them over a quick fire, add pinch salt, 1 tablespoon flour, add 3 pints of stock, simmer gently for 1½ hours, and pass whole through a sieve. Put back in stewpan, and add little seasoning. Bring to boil, and just before sending to table add 1 cup of good cream.

May 27

Chutney Canapes
Roast Sirloin of Beef
Franconia Potatoes *Summer Squash*
Olive Salad
Strawberry Ice Cream **Genoa Cake*
Coffee

**Genoa Cake*—¼ pound Crisco, and ¼ pound butter. Mix to a cream with ½ pound sugar, add little mace, stir in gradually yolk of 6 eggs and ½ beaten whites, 10 ounces flour,

beat well for 1 minute, add 1 pound raisins, ¼ pound citron, cut very fine, grated rind of 1 lemon, and 2 ounces chopped almonds. Mix well, add remainder of beaten whites last. Mix well, put in pan lined with paper, sprinkle top with chopped almonds and bake in slow oven.

May 28

Mock Consomme
Roast Crown of Lamb,
Currant Mint Sauce
Potato Balls *Peas*
Asparagus on Toast
**Carrot Salad*
Raspberry Ice Cream
Coffee

**Carrot Salad*—Scrape, cut into slices and then into fancy shapes, 4 large carrots. Soak in cold water for ½ an hour, and then cook in boiling unsalted water until tender. Drain and dry. Line salad bowl with crisp lettuce leaves, and arrange on top the carrots. Serve with following dressing: Rub sides and bottom of bowl with clove garlic, add salt and pepper to taste and 6 tablespoons melted Crisco; add piece of ice, if possible; stir until salt is dissolved, then add 1 tablespoon vinegar or lemon juice. Beat until thick; use at once.

May 29

Raw Clams
Chicken Pie
**Stuffed Potatoes* *Broiled Tomatoes*
Pepper and Cucumber Salad
Cheese Fingers
Pineapple Jelly
Coffee

**Stuffed Potatoes*—Bake 7 good-sized potatoes. When done, cut off a lengthwise slice; scoop out potato with a spoon. Mash; add 1 tablespoon Crisco, salt and pepper to taste, ½ cup milk, and 2 egg whites beaten stiff. Refill skins with this mixture. Pile lightly, do not smooth, bake until potatoes are puffed and brown.

Decoration Day.

May 30

Fruit Soup
Breaded Mutton Chops
Potatoes **Peas*
Tomato Mayonnaise
Banana Charlotte Russe
Assorted Cakes
Coffee

**Peas*—1 quart cooked green peas, 2 ounces of lean cooked ham cut into dice, 2 tablespoons Crisco, 2 tablespoons good stock, 1 teaspoon flour, ½ small onion finely chopped, a pinch of sugar, grated nutmeg, salt and pepper to taste. Fry onion until lightly browned in Crisco, add flour and ham, stir over fire for a minute or two, then put in peas, stock, sugar, and nutmeg. Season to taste, simmer for ten minutes, stirring occasionally, then serve.

May 31

Milk Soup
**Beef Loaf, Brown Sauce*
Potatoes *Tomatoes*
Radish and Watercress Salad
Vanilla Pudding, Jam Sauce
Coffee

**Beef Loaf*—Mix together 3 pounds chopped raw beef, ¼ pound of minced salt pork, 1 cup cracker dust, 2 teaspoons, each, of salt and pepper, and moisten all with 2 beaten eggs, teaspoonful onion juice, and teaspoon Worcestershire sauce. Work in 2 tablespoons melted Crisco, and pack in a Criscoed mold. Cover; set in a roasting pan of boiling water, and cook in a steady oven for 2 hours. Serve with brown sauce.

June 1

Curried Lobster
**Boiled Stuffed Leg of Lamb*
Potatoes *Scalloped Sweet Corn*
Cherry Salad
Frozen Watermelon
Coffee

**Boiled Stuffed Leg of Lamb*—Have small, tender leg of lamb, and remove bone. Make forcemeat of ½

pound fresh mushrooms cut in pieces, ½ cup chopped boiled ham, ½ cup breadcrumbs, and 2 tablespoons melted Crisco. Season with pepper and salt, and put into the lamb in place of removed bone. Tie it up well, wrap in piece of cheesecloth, and boil in salted water, having juice ½ lemon, 1 onion, and few branches of parsley in it. Serve with currant jelly sauce; that is, 4 tablespoons butter melted together with ½ tumbler currant jelly and ½ glass white wine.

June 2

Green Vegetable Soup
Fried Chicken, Virginia Style
Cornmeal Bread *Broiled Tomatoes*
Bean Salad
**Strawberry Fritters*
Coffee

**Strawberry Fritters*—Have large, ripe strawberries, remove hulls and clean them thoroughly. Moisten each berry with little brandy, roll in sugar and stand till berries absorb considerable sweetness. Roll them in finest possible breadcrumbs and drop into hot Crisco. Sprinkle strawberries with powdered sugar when taking up, and serve with them sweetened whipped cream. Care must be taken that strawberries are not too ripe. They must be quite hard and firm to be perfectly satisfactory when served.

June 3

**Crab Soup*
Salmon, ta Francesca
Veal, Roasted
Chiffonade Salad
Cheese *Crackers*
Tipsy Pudding
Coffee

**Crab Soup*—Remove cooked meat from 6 hard-shelled crabs and chop finely. Add 3 cups white stock, ⅔ cup stale breadcrumbs, 1 slice of onion, 1 sprig of parsley, and simmer 20 minutes. Blend together 1 tablespoon Crisco and 1 tablespoon flour, and add 1 cup cream, salt and red pepper to taste. Combine mixtures and bring to boiling point.

June 4

Boiled Halibut, Lobster Sauce
Beef Roll in Jelly
Italian Risotto **Hungarian Salad*
Manhattan Pudding
Coffee

**Hungarian Salad*—Mix equal parts shredded fresh or preserved pineapple, bananas in small pieces, and sections tangerines, and marinate together in French dressing. Fill banana skins with mixture, sprinkle generously with paprika, arrange on lettuce leaves, and serve with French dressing.

The dressing is made as follows: Put 4 tablespoons melted Crisco in cold bowl; if possible, put in small piece ice. Add ½ teaspoon salt, saltspoon pepper, and stir until salt is dissolved, add tablespoon vinegar or lemon juice. Beat for 3 minutes until dressing is as thick as good cream. Use at once.

June 5

Grapefruit Cocktail
**Roast Duckling, Apple Sauce*
Rice Fritters *Creamed Carrots*
Macedoine Salad *Wafers*
Cheese *Rhubarb Meringue Pie*
Coffee

**Roast Duckling*—This is prepared and trussed similarly to goose, but not usually stuffed. Roast from 30 to 40 minutes. Green peas are the usual accompaniment to roast duckling. Serve with apple sauce which is made as follows: 1 pound cooking apples, 1 tablespoon Crisco, ½ cup water, and sugar. Peel, core, and slice the apples, cook them in a stewpan with water and Crisco, add a little sugar to taste. Stir well, or pass through a sieve.

June 6

Hamburg Steak, Maitre d'Hotel
**Asparagus* *Baked Potatoes*
Lettuce and Radish Salad
Strawberry Mousse *Lady Fingers*
Coffee

**Asparagus*—Boil 2 cups asparagus tips in salted water 15 minutes, then

drain them; while they are cooking put 1 cup milk in double boiler, and when boiling pour some of it on 2 lightly beaten eggs, stirring vigorously meanwhile, then put eggs into double boiler with milk, and stir until it begins to thicken. Add 1 teaspoon Crisco, salt and pepper to taste, and remove from fire. Cut asparagus tips into ½ inch pieces and add them to sauce. Take 6 stale rolls, cut off tops, remove inside, let them dry in oven; when crisp and hot fill each with asparagus in sauce, replace tops and serve.

June 7

Boiled Salmon, Egg Sauce
Creamed Potatoes *New Peas*
Dressed Lettuce
Cheese *Crackers*
**Chocolate Bread Pudding*
Coffee

**Chocolate Bread Pudding*—¾ cup breadcrumbs, 2 cups scalded milk, 3 squares melted chocolate, 2 eggs, 1 tablespoon Crisco, salt to taste, ½ teaspoon vanilla, ¼ cup cold milk, ¾ cup sugar and ½ cup Sultana raisins. Mix all ingredients in order given. Pour into a Criscoed baking dish, set into pan of hot water, and bake 1 hour in moderate oven; stir twice during baking to keep chocolate from rising to the top.

June 8

Veal Cutlet, Brown Gravy
Mashed Potatoes **Glazed Carrots*
Pea Salad
Cottage Pudding, Strawberry Sauce
Coffee

**Glazed Carrots*—For this, carrots must be cut into even cones or ovals, and it is convenient to use imported carrots in glass bottles. If these are used they are already boiled; if fresh carrots are used scrape, wash them and cut out little shapes with patent cutter, then boil slowly until tender, but not quite done, and put 4 cups of them in frying pan with 4 tablespoons melted Crisco, sprinkle with fine sugar, and stir over hot fire until they begin to brown; add 4 tablespoons stock they were boiled in, adding more stock if needed, and continue stirring until carrots are nicely glazed.

June 9

Roast Beef
Horseradish Relish
Asparagus *Franconia Potatoes*
Bean Salad
**Cherry Pie*
Coffee

**Cherry Pie*—1 quart ripe cherries, 1 yolk egg, 3 tablespoons cream, and ½ cup sugar. Wash cherries, stem and place in colander over dish to catch juice. Place thin layer of the following dough on shallow pan, sprinkle top with breadcrumbs. Spread stoned cherries over evenly. Sprinkle with sugar and cinnamon. Beat yolk well, add cream and cherry juice and pour over all. Bake in hot oven until well browned at bottom.

The dough is made as follows: 1 tablespoon Crisco, 1 cup flour, ½ teaspoon baking powder, ¼ cup sugar and 1 egg. Mix dry ingredients. Work in Crisco with finger tips; add egg; mix. Toss on slightly floured board and roll a ¼ inch thick. This makes enough dough for a large oblong pan.

June 10

Scotch Broth
Cold Roast Beef
Creamed Potatoes **String Beans*
Tomato and Olive Salad
Vanilla Ice Cream
Crushed Raspberries
Coffee

**String Beans*—If fresh beans are used pick them over, remove ends and "strings," and boil for ½ an hour or more; then drain them, and add 1 tablespoon Crisco and 2 tablespoons milk, season to taste, and serve after 10 minutes' slow cooking. If canned beans are used omit the first long boiling.

June 11

Vegetable Soup
Broiled Steak
Stuffed Tomatoes *Baked Macaroni*
**Pear and Pimiento Salad*
Apricot Blanc-mange
Coffee

**Pear and Pimiento Salad*—Fill each canned pimiento with 2 halves canned pears; place each pimiento in nest of lettuce and serve with following dressing: Put 1 teaspoon salt and 1 saltspoon black pepper in bowl, and stir into them with wooden spoon, very slowly, 4 tablespoons melted Crisco, and add 2 tablespoons vinegar, mixing it well with Crisco.

June 12

Cream of Tomato Soup
**Planked Salmon* *Potato Balls*
Fresh Green Peas
Lettuce and Cucumber Salad
Cheese Bread-Sticks
Lemon Pudding *Coffee*

**Planked Salmon*—Have salmon cut in steaks 1½ or 2 inches thick. 2 steaks of average size can be placed on medium-sized plank. Crisco plank thoroughly, place fish upon it, and broil under gas broiler, turning flame low after first few moments. Or it can be baked in oven of range. Serve on plank, surrounded by potato balls cut with French vegetable cutter. Heat ¼ cup cream, add salt and pepper to taste, and 3 tablespoons finely chopped parsley. Shake potato balls in this until well covered with seasonings. Serve Hollandaise sauce with planked salmon.

June 13

Strawberry Cocktail
Roast Lamb, Mint Sauce
Mashed Potatoes *Carrots and Peas*
**Cherry Roly Poly*
Coffee

**Cherry Roly Poly*—Roll pastry or a baking powder biscuit dough very thin, about ⅛ of an inch in thickness, sprinkle with sugar, and dot with ripe stoned cherries. Roll like a jelly roll, press, and close the ends as tight as possible. Tie in a floured cloth, and cook in boiling water 2 hours, or steam in steamer 1 hour. Remove from cloth and serve on hot platter with the following sauce: ½ cup Crisco, 1 cup powdered sugar, 1 egg yolk, 2 tablespoons wine, and 2 egg whites. Cream Crisco; add sugar, yolk of egg and wine. Cook over hot water until hot. Remove from fire and add beaten whites of eggs.

June 14

Roasted Little Neck Clams
**Salmi of Lamb*
Fried New Potatoes
Boiled Bermuda Onions
Individual Strawberry Pies
Coffee

**Salmi of Lamb*—Cut cold roast lamb in thin slices. Cook 5 minutes 2 tablespoons Crisco with ½ tablespoon finely chopped onion. Add lamb, sprinkle with salt and pepper, and cover with 1 cup cold lamb gravy seasoned with Worcestershire sauce. Cook until thoroughly heated. Arrange slices overlapping one another lengthwise of platter, pour around sauce, and garnish with toast points. A few stoned olives and mushrooms improve this sauce.

June 15

Cream of Pea Soup
**Baked Brains*
Mashed Potatoes
Escalloped Asparagus *Romaine Salad*
Greengage Ice Cream
Coffee

**Baked Brains*—Prepare brain of an ox by washing and skimming it, and then steep it on back of range for 1 hour. Rub it with flour and salt, lay on it bits of Crisco, and set in oven, having added water to dish in which it is to bake. Bake it 1 hour, basting it often, and serve with mushroom sauce. Onion sauce may be substituted for the mushroom sauce.

June 16

**Baked Trout*
Chicken Epicurean
New Potatoes String Beans in Cream
Tomato Salad
Pineapple Bisque
Coffee

**Baked Trout*—Clean brook trout, season with salt, black pepper, and paprika. Lay in Criscoed baking pan, dredge with flour, sprinkle with chopped parsley and bits of Crisco, pour over little vinegar and water, and bake in hot oven until done, basting often with Crisco. Garnish with parsley, and serve hot with cream sauce.

June 17

Brunoise Soup
Porterhouse Steak Olives
*Stuffed Potatoes *Beans*
Belgian Salad
Compote of Cherries
Coffee

**Beans*—Boil 1 quart beans until tender, salting them well when half cooked. Beat 1 tablespoon Crisco to a cream, beat in yolk 1 egg, 1 tablespoon finely chopped parsley, 1 saltspoon black pepper, and 2 teaspoons lemon juice; when this sauce is well mixed stir it into beans, taking care not to break them, then serve.

June 18

Cream of Celery Soup
Stewed Chicken
Rice Croquettes Green Peas
**Watercress Salad*
Lemon Jelly
Iced Coffee

**Watercress Salad*—Take plenty fresh young sprigs of watercress, wash and dry them thoroughly, put them lightly in dish, add 3 sliced shallots. Pour over them dressing made with 3 parts melted Crisco and 1 of lemon juice or vinegar. Garnish with tufts scraped horseradish.

June 19

Roast Loin of Mutton
Creamed Spinach Baked Potatoes
Pineapple Charlotte
**Maids of Honor*
Coffee

**Maids of Honor*—Crisco puff pastry, 4 tablespoons sugar, 1 tablespoon ground almonds, 2 eggs, ½ teaspoon vanilla, 4 tablespoons melted Crisco, and 1 tablespoon cocoanut. Roll out Crisco puff pastry and line 8 gem pans with it. Put eggs and sugar into basin, and beat them together for 15 minutes; then stir in lightly Crisco, ground almonds, cocoanut, and vanilla. Put 3 teaspoons into each gem pan and bake in a moderate oven for 20 minutes. When cooked, sprinkle over with little sugar.

June 20

**Cream of Cucumber Soup*
Grilled Salmon, Mayonnaise Sauce
Lamb Cutlets
Green Peas Mashed Potatoes
Cold Fruit Souffle
Coffee

**Cream of Cucumber Soup*—2 large cucumbers, 8 onions, sprig parsley, handful spinach, 2 tablespoons Crisco, 1 tablespoon cornstarch, 1 quart white stock, 1 cup milk, 2 cups cream, 2 yolks eggs, nutmeg, 1 teaspoon sugar, pepper and salt to taste, croutons.

Peel cucumbers and cut firm part into dice, about 3 tablespoons; boil gently in salted water until soft, drain and reserve for soup. Cut remainder cucumber into pieces, cut onions small. Make Crisco hot in stewpan, fry onions and cucumber 5 minutes, add parsley with stock, let it simmer 20 minutes. Mix cornstarch with milk, stir in soup until it boils, let boil 10 minutes. Well wash and drain spinach, pound it in mortar, turn it into cloth and squeeze lightly as pos-

sible. Pour as much of this liquor into soup as will make it a delicate green color. Pass soup through sieve, turn it back into stewpan. Mix cream and yolks of eggs in basin, pour boiling soup on to them, stirring at same time, return to pan; it must not boil again or it will curdle. Season to taste with nutmeg, pepper, and salt. Cut bread into dice, fry pale color in hot Crisco, drain and toss them in sugar, sprinkle little red pepper over and place in oven 2 minutes. Warm dice of cucumber, put them in tureen with croutons and pour hot soup over and serve.

June 21

Fried Flounders, Lemon Sauce
**Beef, a la Mode*
Cauliflower au Gratin
Creamed Potatoes
Fruit Chartreuse
Coffee

**Beef, a la Mode*—3 pounds lean beef, larding bacon, 1 quart stock, 1 glass claret, 3 tablespoons Crisco, 4 tablespoons flour, 2 carrots, 1 chopped onion, 10 button onions, sprig parsley, piece thyme, 1 bay leaf, juice half lemon, 2 cloves, salt and pepper to taste.

Trim, bone, and lard meat, place it in basin with wine, lemon juice, chopped onion, cloves, salt, pepper parsley, thyme, bay leaf, and let it stand 2 hours, basting frequently. Melt Crisco in stewpan, drain beef, and fry it brown, and at same time lightly fry button onions. Remove both from stewpan, put in flour, and fry until it acquires a nut-brown color; add stock and wine marinade in which meat was soaked, and stir until boiling. Replace meat and onions, season to taste, add carrots thinly sliced, cook gently for 3 hours, stirring and skimming occasionally. When done place on hot dish, strain sauce over, and garnish with groups of onions and carrots.

June 22

**Tournedos of Beef with Olives*
Braised Lettuce *Baked Potatoes*
Alligator Pear Salad
Strawberry Ice Cream
Coffee

**Tournedos of Beef with Olives*—2 pounds fillet beef, 8 croutons fried bread, 2 tomatoes, white sauce, olives, straw potatoes, 4 tablespoons Crisco, and seasoning.

Cut fillet in slices 1 inch thick, trim into small rounds with cutter. Melt Crisco in saute pan, fry tournedos quickly and brown nicely, season with pepper and salt, and dress each on round crouton of bread, cut same size as fillet, and fried. On this place thin slice tomato that has been slightly cooked in Crisco; in center of tomato place a teaspoon white sauce; on that, again, arrange olives. Cut potatoes in strips, and fry them golden brown in hot Crisco; arrange these round tournedos, and serve hot.

June 23

Soup with Marrow Balls
Sweetbread Patties *Green Peas*
Saratoga Chips *Beet Salad*
**Raspberry Batter Pudding*
Coffee

**Raspberry Batter Pudding*—1 pint milk, 2 eggs, 4 tablespoons flour, salt, and melted Crisco. Put flour and good pinch of salt into a basin, make a well in center, break in eggs, stir, gradually mixing in flour from sides, and add milk by degrees until a thick, smooth batter is formed. Now beat well 10 minutes, add remainder of milk; cover, and let stand for at least 1 hour. When ready to use, put 1 tablespoon melted Crisco into pudding dish, and while it is heating give batter another good beating. Pour into dish, and bake in quick oven for 35 minutes. Serve with raspberries and sugar.

June 24

Puree of Peas
Baked Red Snapper, Tomato Sauce
Riced Potatoes Buttered Beets
Cabbage Salad
**Cup Puddings*
Coffee

**Cup Puddings*—These should be baked in little cups or molds. For 1 pudding, take 1 tablespoon of following ingredients: flour, Crisco, milk, currants, sugar.

For 3 puddings use treble quantities. Put flour into a basin with a pinch of salt, together with currants and sugar; melt Crisco to pour in, add milk, and mix well together. Put into Criscoed cups and bake in a moderate oven for a ¼ of an hour. Tops should be nicely browned when done. These puddings are nice either hot or cold.

June 25

Soup with Bread Balls
Fried Spring Chicken, Milk Gravy
New Potatoes Asparagus
Tomato Mayonnaise
**Rhubarb Fanchonettes*
Coffee

**Rhubarb Fanchonettes* — 2 pounds rhubarb, 1 cup sugar, ½ cup strained orange juice, 1 tablespoon powdered gelatine, 1 piece orange peel, 1 cup cream, whipped, flavored and sweetened, number of individual pastry shells.

Cut rhubarb into inch pieces. Hot house variety needs no peeling. Place in baking dish in layers, sprinkling sugar between layers. Add 2 tablespoons water, 1 tablespoon Crisco, and a few thin strips orange peel, place in moderate oven, cover and bake 1 hour. Dissolve gelatine in orange juice and when rhubarb is cooked remove it from oven and add this mixture to it. Let it get cold. When ready to serve fill shells with rhubarb mixture, heap with whipped cream and decorate with crystallized orange peel.

June 26

**Curried Chicken*
New Green Peas Young Carrots
Macedoine Salad
Boiled Custard with Snow Eggs
Coffee

**Curried Chicken*—Clean and dress a 3-pound chicken and cut in pieces for serving. Put ⅓ cup Crisco in a hot frying pan, add chicken, and cook 10 minutes, tightly covered. Then add liver and gizzard, and continue cooking for 10 minutes longer.

Cut 2 medium-sized onions in thin slices, and add to chicken with 2 teaspoons salt and 1 tablespoon curry powder. Add sufficient boiling water to cover, and simmer until chicken is tender. Remove chicken, strain liquor, and thicken it with a roux of flour and water. Make border of boiled rice around platter or serving dish, arrange chicken in center, and pour curry sauce over it.

June 27

Boiled Salmon, Egg Sauce
Boiled Potatoes Peas
Cucumber Salad
**Almond Pudding Meringues*
Coffee

**Almond Pudding*—Beat separately yolks of 2 eggs and whites of 3, and mix to a cream with 4 tablespoons ground almonds, 4 tablespoons sugar, and 4 tablespoons Crisco. Mix in a wineglass of sherry, and pour into a Criscoed mold ornamented with nuts. Bake it, and serve hot.

June 28

Cream of Lettuce Soup Bread Sticks
**Halibut Ramekins*
Baked Potatoes Asparagus
Ginger Ice Cream Lady Fingers
Coffee

**Halibut Ramekins*—Flake rather finely 1½ pounds cooked halibut. See that it is free from bones and skin. Have ready 1 pint seasoned white sauce. Crisco few fireproof dishes.

Mix halibut with sauce, season with salt and pepper, then fill dishes with it, smooth over surface with wetted knife, and cover with thin layer white sauce. Sprinkle top with mixture of breadcrumbs and grated cheese, and place a few tiny bits Crisco here and there on surface. Bake in fairly hot oven 25 minutes, so as to get it thoroughly heated and surface browned. Dish up and serve hot.

June 29

**Beef Croquettes, Brown Sauce*
Mashed Potatoes Beets
Fruit Salad
Cheese Crackers
Coffee

**Beef Croquettes*—Melt 2 tablespoons Crisco, stir in 1 tablespoon flour, gradually add ½ pint milk, stir till it boils 4 minutes, add salt and pepper to taste; ½ pound cold cooked chopped beef and 4 tablespoons breadcrumbs. Turn out on plate to cool. Divide into 8 pieces, flour them and make into neat croquettes. Egg and breadcrumb them. Fry till brown in hot Crisco. Drain and serve hot with brown sauce.

June 30

**Breaded Veal Cutlets*
Potatoes
Egg Plant
Cress, Whipped Cream Dressing
Cottage Pudding, Strawberry Sauce
Coffee

**Breaded Veal Cutlets*—1½ pounds fillet or neck of veal, Crisco for frying, ½ teaspoon chopped parsley, ¼ teaspoon grated lemon rind, salt and pepper, egg and breadcrumbs.

Cut meat into thin slices, which afterwards trim into neat fillets. Beat egg, mix with it parsley, lemon rind, good seasoning of salt and pepper. Brush cutlets over with this preparation, coat them carefully with breadcrumbs, fry quickly and lightly in hot Crisco. Serve with either tomato or piquante sauce, or, when gravy is preferred, brown little flour in Crisco in frying pan, add little salt and pepper, pour in ¼ of a pint of hot water, boil up, and strain.

July 1

Boned Chicken Stuffed Pepper Salad
Sliced Tomatoes
White and Brown Bread
**Ground Rice Pudding*
Coffee Jelly
Fruit

**Ground Rice Pudding*—½ cup ground rice, 3 cups milk, 3 eggs, 4 tablespoons sugar, rind ½ lemon, 2 tablespoons Crisco, ¼ cup Sultana raisins, and brown breadcrumbs.

Boil milk slowly, sprinkle in ground rice, boil 6 minutes. Remove add sugar and Crisco. Mix well, cool a little, add eggs well beaten, stir and flavor with grated lemon rind. Crisco plain mold, dust with toasted breadcrumbs. Pour in pudding. Bake 1 hour in moderate oven. Serve with following sauce: 1 small lemon, 1 cup water, 1 teaspoon cornstarch, 1 tablespoon sugar, and few drops red color. Put cornstarch into pan with lemon juice, add other ingredients and bring to boil.

July 2

Spanish Veal Balls
Summer Squash
Buttered Beets
Lettuce and Peppergrass Salad
**Snow Souffle*
Iced Coffee

**Snow Souffle*—Put 2 tablespoons Crisco and 4 tablespoons potato flour in pan, stir well together, add ½ cup milk, pinch salt, and stir till boiling. Remove from fire. add 4 tablespoons sugar, yolks 3 eggs 1 by 1, ½ teaspoon orange flower water, and fold in stiffly beaten whites of eggs. Pour into Criscoed souffle mold, put greased paper round. Bake for 20 minutes in moderate oven. Serve at once.

July 3

Roast Lamb
New Potatoes
Green Peas **Summer Squash*
Watercress and Cucumber Salad
Coffee Ice Cream
Lady Fingers

**Summer Squash*—Cut summer squashes into small pieces and boil till tender in salted water. Put into a clean towel and wring out all water. Put squashes into saucepan and add to each cup of them, 2 tablespoons cream and ½ tablespoon Crisco. Heat thoroughly before sending to table.

Declaration Day.

July 4

Fruit Cocktail
Carrot Soup *Radishes*
Stuffed Shoulder of Veal, Roasted
Potato Souffle *Green Corn*
Molded Spinach, French Dressing
Washington Ice Cream
**Flag Cake*
Coffee

**Flag Cake*—⅔ cup sugar, ½ cup Crisco, ⅔ cup milk, 1⅔ cups flour, 2 teaspoons baking powder, ½ teaspoon salt, whites of 4 eggs, and 1 teaspoon vanilla. Cream Crisco and sugar together, add flour, salt, baking powder, milk, vanilla and whites of eggs beaten to a stiff froth. Mix carefully, turn into Criscoed and floured tin and bake in moderate oven for ¾ of an hour. Decorate with frosting and tiny flags.

July 5

Iced Pimiento Consomme
Small Tenderloins of Beef
Molded Potatoes **Corn Cakes*
Orange, Grapefruit and Romaine Salad
Cup Custards
Coffee

**Corn Cakes*—Make a custard from 2 eggs well beaten, ½ cup milk, ½ tablespoon Crisco, and ½ tablespoon sugar; beat into this ¾ of cup of canned corn. Sift together twice, ¼ cup of flour, 1 tablespoon baking powder, and ½ teaspoon salt; beat into other mixture, and drop in Criscoed muffin rings by the tablespoon; set in a Criscoed dripping pan, and bake in a moderate oven until done.

July 6

Clam Bisque
Lamb Chops *Escalloped Corn*
Creamed Sweet Potatoes
German Salad **Cheese Drops*
Strawberry Bavarian Cream
Coffee

**Cheese Drops*—Add to 3½ tablespoons flour, 2 tablespoons melted Crisco, and blend together until smooth. Remove from fire, add 4 tablespoons grated cheese, ¼ teaspoon salt, and a dash of red pepper. Fold in stiffly beaten whites of 3 eggs, and drop from end of spoon on a Criscoed baking sheet about 1 inch apart, and bake from 12 to 14 minutes in a moderate oven. Serve hot in folded napkin with salad course.

July 7

Beef Broth with Vermicelli
**Baked Bluefish*
Cucumbers, French Dressing
Mashed Potatoes
Buttered Bermuda Onions
Heavenly Hash
Coffee

**Baked Bluefish*—Select nice large bluefish, clean, and prepare it for baking. Wash it in salted water, and after drying it thoroughly, stuff with bread stuffing, and sew up opening and rub fish all over with salt. Then, having put small pieces of Crisco over, place in pan with enough water to cover bottom, and bake in hot oven 45 or 50 minutes. After it begins to bake, sprinkle with salt and pepper. Baste it often with liquid in pan and a little melted Crisco. When it is cooked and a nice color, remove carefully to hot plate. Do not break it. Serve with brown sauce poured round fish as garnish, or serve it in a separate dish.

July 8

Iced Bouillon
Broiled Chicken
Mashed Potatoes *New Peas*
Tomato Mayonnaise
**Red Raspberry Shortcake, Hot*
Marshmallow Sauce
Coffee

**Red Raspberry Shortcake*—4 cups sifted flour, 3 tablespoons baking powder, 1 teaspoon salt, 2 tablespoons Crisco, milk, and 2 quarts red raspberries. Sift baking powder and salt with flour, rub in Crisco; then with fork stir in lightly and quickly sufficient milk to make soft dough—too soft to roll. Turn it into Criscoed tin, and bake in hot oven 30 minutes. Unmold, and leaving it inverted, cut circle around top within 1 inch of edge; lift off circle of crust, and with fork pick out crumb from center, leaving about ¾ of an inch of biscuit around sides. Spread inside cake with butter, fill with crushed raspberries, which have been standing ½ hour or more mixed with enough sugar to sweeten them. Turn off juice from berries before filling cake. Replace circle of crust, and serve with following sauce: ½ pound marshmallows, ½ cup confectioners' sugar, and ½ cup boiling water. Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows, and stir until blended. Serve hot with shortcake.

July 9

Sardines and Lemon
Olives *Radishes*
Cold Roast of Lamb, Mint Sauce
Creamed Potatoes *Peas*
Endive and Cheese Salad
**Cherry Souffle*
Iced Tea

**Cherry Souffle*—4 tablespoons flour, 2 tablespoons Crisco, ½ cup milk, 1 teaspoon vanilla, 3 whole eggs and 1 additional white, 4 tablespoons sugar, and 4 tablespoons chopped preserved cherries.

Put Crisco and flour in saucepan, mix over fire, add milk, stir till it boils and becomes thick; remove from fire to cool 10 minutes, add sugar, yolks eggs, 1 by 1 stirring each thoroughly, whites stiffly beaten up, then add chopped cherries. Pour all into Criscoed souffle mold. Put into saucepan with ½ an inch of boiling water. Put lid on saucepan and steam gently ¾ hour. Turn out, send to table with jam sauce round.

July 10

Clam Broth
**Chicken Croquettes* *Peas*
Buttered Rolls
Mayonnaise of Lettuce and Tomatoes
Tutti Frutti Ice Cream
Macaroons
Coffee

**Chicken Croquettes*—2 cups cooked chicken, ½ teaspoon salt, ¼ teaspoon celery salt, 1 teaspoon lemon juice, ½ teaspoon onion juice, and 1 cup white sauce.

Mix ingredients in order given. Cool mixture, shape, crumb and fry in hot Crisco. The white sauce is made as follows: 2 tablespoons Crisco, 4 tablespoons flour, 1 cup milk (heated), salt and pepper to taste. Melt Crisco, add flour, then add milk gradually. Cook over fire until smooth and thick. Add seasoning.

July 11

Roast Beef *Yorkshire Pudding*
Potato Croquettes
String Beans
Lettuce, French Dressing
**Fruit Pancakes*
Coffee

**Fruit Pancakes*—2 cups flour, 2 cups milk, 2 tablespoons Crisco, 2 eggs, nutmeg and salt to taste. Put flour into basin with salt, grated nutmeg, eggs, pour milk in by degrees, stirring smoothly; beat it well in order to let the air in, and then let it stand for ½ an hour. This allows starch grains

in flour to swell, and so batter is lighter. When ready to fry, warm Crisco and pour in, stirring at same time. Make some Crisco hot in a small saucepan, ladle some into a frying pan, when very hot, pour back into saucepan, but do not drain it, then ladle sufficient batter in to cover the bottom of pan, shake it gently over rather a sharp fire, and, when nicely browned, toss it over and brown other side, turn on to a wire or sieve, sprinkle with sugar and ripe blackberries. Roll it up, and keep it warm while finishing remainder of batter. Dish them up on platter, each row crossways to prevent under ones from becoming sodden. Sprinkle sugar over top and serve.

July 12

Cottage Pie
New Stringless Beans
Olive Salad *Cheese Beignets*
**Apricot Pudding*
Iced Coffee

**Apricot Pudding*—Put 1 pint milk into saucepan, add two tablespoons Crisco, and bring to boiling point. Mix ½ cup cornstarch with ½ cup milk and stir slowly into boiling milk, add ½ teaspoon salt. Heat 1 cup apricot jam, and strain off juice. Stir the pieces of apricot into cornstarch and cook for 5 minutes. Sprinkle 1 tablespoon chopped pistachio nuts into wet mold and pour in hot mixture. Turn out when cold and surround with apricot juice.

July 13

Cream of Peanut Soup
**Veal Chops*
Mashed Potatoes *String Beans*
Onion Salad
Meringues Filled with Custard
Coffee

**Veal Chops*—Trim neatly 8 chops and put into frying pan with 4 tablespoons Crisco, and fry over quick fire a nice brown color. As the meat will afterwards be cooked again, the frying process should be done quickly without actually cooking the chops. Place them between 2 boards, put weight not too heavy over top, and keep them until cold. Strain Crisco, and keep for further use. Cut ½ cup pork and ½ cup beef marrow into small pieces, pound in mortar; when fine, add 1 tablespoon anchovy paste, 1 teaspoon powdered savory herbs, 1 yolk egg, and piece of Crisco about size of nutmeg. Pound thoroughly until smooth, season with pepper and salt, rub through sieve, and cover side of each chop thickly with this. Put them on Criscoed baking sheet, cover with few fried breadcrumbs, sprinkle with melted Crisco and place in hot oven for 10 minutes. Dish up chops in circle on hot dish, and serve.

July 14

Steak, a la Parmesan *Corn Pudding*
Mashed Potatoes
Lettuce, French Dressing
**Cheese Balls*
Peach Ice Cream
Coffee

**Cheese Balls*—½ cup breadcrumbs, 1 teaspoon Crisco, ¼ teaspoon mustard, 1 cup grated cheese, 1 egg, ½ teaspoon salt, and a few grains red pepper. Rub Crisco into crumbs and cheese, add seasonings and egg well beaten. Shape in small balls and fry in hot Crisco. Drain and serve hot.

July 15

Stuffed Shoulder of Veal, Braised
Buttered Beets *Potato Roses*
Onion and Tomato Salad
Rhubarb Dumplings
**Mocha Cake*
Coffee

**Mocha Cake*—Sift 6 cups flour with 1 teaspoon baking powder into a basin, add 1 teaspoon each of powdered cinnamon, nutmeg, and cloves, 1 cup brown sugar, ½ teaspoonful salt, and 1 cup Crisco; rub well together, add ½ a cup golden syrup, 1 cup strong cold coffee, 2 well beaten eggs, 1 cup currants and 1 cup

sultana raisins, mix well together. Pour into Criscoed and papered tin and bake in moderate oven 2 hours.

July 16

Tomato Soup
Fried Chicken *Waffles* *Pea Souffles*
Creamed White Potatoes *Bean Salad*
**Snow Balls* *Coffee*

**Snow Balls*—1 cup sugar, ½ cup milk, ½ cup Crisco, 2¼ cups flour, 3½ teaspoons baking powder, and whites of 4 eggs. Cream Crisco, add sugar gradually, milk, and flour sifted with baking powder; add whites of eggs beaten stiff. Steam 35 minutes in Criscoed cups; serve with stewed or preserved fruit.

July 17

Iced Currants
**Blanquette of Veal*
Fried Artichokes *Duchesse Potatoes*
Cauliflower and Red Pepper Salad
Macaroon Trifle *Coffee*

**Blanquette of Veal*—2 tablespoons Crisco, 2 pounds fillet of veal, ½ cup cream, 4 tablespoons flour, 1 large onion, 1 carrot, seasoning, 12 preserved mushrooms, and 12 whole peppers. Cut veal into square pieces, put them into stewpan with enough cold water to cover, bring it to boil, and skim well; add salt to taste, onion cut in quarters, carrot, whole peppers; cook gently 1 hour. Take up meat, strain stock, and measure off 1 pint. Melt Crisco in stewpan, stir in flour, add stock; boil and skim; cook for a few minutes. Add mushrooms, cut in slices, and cream; put in pieces of veal; make hot, but do not boil again; season nicely, dish up, sprinkle little chopped parsley over, and serve.

July 18

Onion Soup
Fricasseed Tripe
Baked Potatoes *Stringless Beans*
Tomatoes Stuffed with Pineapple
Bisque Ice Cream *Coffee*

**Fricasseed Tripe*—Cut 2 pounds of tripe into narrow strips, add ½ cup of water, 2 cups milk, season with salt and pepper, add ¼ cup Crisco mixed with 2 tablespoons flour; simmer for 30 minutes and serve hot. A little chopped parsley is an improvement.

July 19

Cream of Asparagus Soup
**Lamb Fricassee with Dumplings*
Mint Jelly *Green Peas*
Romaine Salad
Cheese
Toasted Crackers
Watermelon
Coffee

**Lamb Fricassee with Dumplings*—Cut up and dice enough cold lamb to make 1 quart. Season with salt and white pepper, put into Criscoed baking dish and pour over following sauce: Blend 2 tablespoons Crisco with 2 tablespoons flour, and cook until brown. Now add 2 cups water and when it boils season with salt, pepper, onion juice to taste and pour over meat. Cover and bake in moderate oven 20 minutes.

To make the dumplings, sift together 2 cups flour, ½ teaspoon salt, ¼ teaspoon sugar, and 2 teaspoons baking powder. Add 1 tablespoon Crisco and rub in with tips of fingers, then add sufficient milk to make soft dough. Roll out and cut into small biscuits. Place on top of lamb and bake in hot oven for 12 minutes. Serve hot.

July 20

Roast Beef's Heart
Boiled New Potatoes
Cauliflower au Gratin
Baked Bean Salad
**Cheese Aigrettes*
Apricot Meringue Pie
Coffee

**Cheese Aigrettes*—Bring 2 tablespoons Crisco and ½ cup water to boiling point, then add ½ cup flour and stir until mixture leaves sides of pan. Cool, but do not allow to become cold, then add 2 eggs, 1

by 1, 4 tablespoons grated cheese, salt, pepper, and paprika to taste and beat well. Allow to stand in cool place 30 minutes. Drop by teaspoons into hot Crisco and fry a golden brown. Drain and sprinkle with grated cheese. Serve hot. The Crisco should not be too hot or the cheese will burn.

Vegetarian

July 21

Strawberry Cocktails
Macaroni Cutlets, Cheese Sauce
**Popovers*
Tomato Mayonnaise
Pimiento Sandwiches
Frozen Banana Whip
Coffee

**Pop Overs*—Beat up 3 eggs until light; add 1 cup milk and 1 teaspoon melted Crisco. Pour this gradually into 1 cup flour and ½ teaspoon salt, beating all the time until smooth. Crisco iron gem pans, put them in the oven, and when hot, take them out and fill them half full of this batter. Put them back in the oven and bake for 45 minutes. They should be at least 4 times their original bulk. If they fall, they are not thoroughly done. The oven should be hot.

July 22

**Pilau, a la Turque*
Peppers Stuffed with Green Corn
Huntington Salad
Cheese Rolls
Baked Custard
Coffee

**Pilau, a la Turque*—Put 1½ cups of stock, with 1 cup stewed and strained tomato, over fire. When boiling add 1 cup well-washed or blanched rice and ½ teaspoon salt; stir lightly with fork, occasionally, until liquor is absorbed. Then add ¼ cup Crisco, season with salt and pepper, and cook over hot water until tender; remove cover, and stir with fork before serving.

July 23

Vegetable Soup
**Fried Fish*
Baked Shoulder of Mutton
Onion Puree
Chipped Potatoes
Fruit Jelly
Toasted Cheese Fingers
Coffee

**Fried Fish*—Marinade 4 halibut steaks for 1 hour; drain, dip in salted flour, then in beaten egg, lastly in fine salted and peppered crumbs. Leave on ice for 1 hour, and fry in hot Crisco.

July 24

Lamb Potpie
Summer Squash
Mashed Potatoes
Dressed Cucumbers
Raspberry Float
**Cushion Cake*
Iced Coffee

**Cushion Cake*—Cream 1 cup Crisco with ½ cup sugar, add 2 well beaten eggs, and ½ cup milk. Sift 2 cups flour, 2 teaspoons baking powder, and ½ teaspoon salt, and add to Crisco mixture, with 1 teaspoon vanilla extract. Divide into 2 parts, add to 1 part 2 tablespoons molasses, 1 cup seeded raisins, ½ teaspoon cloves, 1 teaspoon cinnamon, and ¼ teaspoon grated nutmeg. Bake in Criscoed and floured cake tin for 20 minutes. Take out of oven, spread white part on top, return to oven and bake until done.

July 25

**Tournedos of Lamb* *Rissole Potatoes*
Carrots *Peas*
Grape and Pimiento Salad
Frozen Cheese
Toasted Crackers
Iced Coffee

**Tournedos of Lamb*—Six lamb chops cut 2 inches thick, will be required. Remove bone and fat and with skewers arrange in 6 circular pieces.

Around each wrap a thin strip of bacon, fastening in place with wooden skewers. Sprinkle with salt and pepper, place on well Criscoed broiler, and broil over clear fire 15 minutes. Remove to hot platter, garnish with rissole potatoes, and pass mint jelly with them. The potatoes are done in this way: Peel and wash 8 Bermuda potatoes of uniform size, put in ice water for 15 minutes, dry in a towel, and fry until delicate brown in hot Crisco. Drain on paper, then bake until soft. Remove to serving platter, and pour around 1 cup of rich white or cream sauce or 1 cup of heavy cream scalded and seasoned.

Vegetarian

July 26

Cream of Green Peas
Bean Loaf with Rice
Stewed Corn
Tomato and Lettuce Salad
**Peach Pudding*
Coffee

**Peach Pudding*—Fill Criscoed baking dish full of peaches and pour over top a batter made of 1 tablespoon Crisco, ½ cup sugar, 1 cup flour, 1 teaspoon baking powder, 1 well beaten egg, ½ teaspoon salt, and 1 cup milk. Bake in moderate oven 30 minutes. Serve with cream.

July 27

Anchovy and Pimiento Canapes
Halibut Baked, a la Creole
French Fried Potatoes
Hot Slaw
**French Pancakes*
Coffee

**French Pancakes*—4 tablespoons sugar, 4 tablespoons Crisco, ½ cup flour, 2 eggs, ½ tablespoon lemon extract, and 1 cup milk. Heat Crisco and mix other ingredients gradually to them, bake in six small criscoed plates for 5 minutes. When done, put jam between every alternate one, and serve high on a dish.

July 28

Puree of Fruit
Steak with Fresh Mushrooms
String Beans *Riced Potatoes*
Lettuce and Watercress Salad
**Cherry Blanc-mange*
Coffee

**Cherry Blanc-mange*—Put 1 quart of milk into a saucepan, add 1 tablespoon Crisco. Mix 1 cup cornstarch smoothly with ½ cup cold milk; when the milk boils stir in cornstarch and stir for 10 minutes, then add 2 tablespoons sugar and 1 teaspoon vanilla. Stew 2 cups cherries until tender in ½ cup water, add 2 tablespoons sugar. Rinse out a mold with cold water, arrange a few cherries in the bottom, then put in some blanc-mange, then rest of cherries mixed with cornstarch. Turn out when firm. Serve with milk.

July 29

Iced Tomato Bouillon
**Swiss Steak* *Mashed Potato*
Egg Plant Fritters
Lettuce Salad, Chiffonade Dressing
Strawberry Parfait
Coffee

**Swiss Steak*—1 pound steak, 1 cup flour, salt and pepper, 4 skinned tomatoes, 1 sliced onion, and water. Have steak cut 2 inches thick, and pound into it the flour. Put steak into a skillet, with 3 tablespoons Crisco and brown on both sides. Then cover with water, adding sliced onion, tomatoes sliced and cover closely and let simmer for 3 hours. Just before steak is done add salt and pepper to taste. When done, the gravy is already made and is delicious.

July 30

Clear Soup
**Planked Chicken*
Potato Croquettes *Asparagus Tips*
Boiled Rice *Pineapple Salad*
Vanilla Ice Cream *Strawberry Sauce*
Coffee

**Planked Chicken*—2 spring chickens, 1 cup boiled rice, ½ pound mushrooms, and 1 glass guava jelly. Stew

mushrooms; put chicken either in oven or under broiler, bone side to hottest part of fire. Heat and Crisco a plank; put chicken on, bone side down; sprinkle with melted Crisco, dust with salt and pepper and broil on board under gas for ½ an hour. Garnish with rice; pour over mushrooms. Place at corners small bread patties, holding the guava jelly.

July 31

**Baked Beans*
Finger Rolls
Beet and Potato Salad
Lemon Jelly, Whipped Cream
Cafe Parfait

**Baked Beans*—Wash 2 quarts of small white beans, put them in a saucepan, cover with cold water; as soon as they come to a boil, drain; put them in a fireproof baking dish, add 4 tablespoons Crisco, 1 chopped onion, salt and pepper to taste and ¼ teaspoon mustard, fill dish with boiling water, cover tight, and bake from 5 to 6 hours; add more water as required to keep from getting dry. They can be warmed over as needed.

August 1

Brown Fricassee of Kidneys
Summer Squash *New Cabbage Salad*
**Blueberry Pie* *Coffee*

**Blueberry Pie*—Line a deep perforated tin with Crisco Plain Pastry; brush over with water or white of egg. Fill with floured blueberries; add sugar, Crisco, salt and vinegar. Allow 1 cup sugar to 3 cups berries, 1 tablespoon Crisco, ⅛ teaspoon salt, and ½ teaspoon vinegar. Cover with crust and bake.

August 2

**Beef Olives*
Braised Lettuce *Stuffed Potatoes*
Beet Salad *Cheese Relish*
Red Currant Cream *Lady Fingers*
Coffee

**Beef Olives*—Cut 2 pounds of steak into pieces 4½ inches long and 2 inches wide. Mix together in a basin 3 tablespoons breadcrumbs, 1 chopped onion, 4 tablespoons Crisco, 1 tablespoon chopped parsley, salt, pepper, and paprika to taste and 1 well beaten egg. Spread a little of this mixture on each piece of meat, roll up and tie with fine string. Melt 2 tablespoons Crisco in a pan, brown pieces of meat in it; stir in 1 tablespoon flour, gradually add 2 cups water, bring to boiling point and cook slowly 1½ hours. Remove string and dish in a circle, season the gravy and strain over the meat.

August 3

Cream of Corn Soup
**Stuffed Flank Steak*
Mashed Potato *Shelled Beans*
Onion and Mint Salad
Ivory Cream *Coffee*

**Stuffed Flank Steak*—Buy a flank steak. Fry 2 tablespoons chopped onion in a ¼ cup Crisco. Add ½ cup soft, stale breadcrumbs, ¼ teaspoon mixed herbs, salt and pepper to taste. Spread over steak, roll and tie. Brown in 3 tablespoons Crisco, and remove to casserole or covered dish. To the Crisco in pan add an equal quantity of flour, and brown, then add 1 cup stock or boiling water, and 1 cup strained tomato, season with salt and pepper, pour over the roll, cover dish, and cook slowly until meat is tender. If cooked in casserole it may be served in same dish.

August 4

Fried Soft Shell Crabs, Sauce Tartare
Hashed Browned Potatoes
Pepper and Cucumber Salad
Cheese Fingers
**Apricot Omelet* *Coffee*

**Apricot Omelet*—Cut 6 preserved apricots into dice, and heat up in a little fruit juice. Beat up 5 eggs, add pinch of salt and 1 tablespoon sugar. Melt in an omelet pan or frying pan 2 tablespoons Crisco, when hot pour in beaten eggs and stir over quick fire till they commence to thicken, put in the prepared apricots, then shape quickly into an oval form by

folding the ends. Allow the omelet to acquire a golden brown by putting it in the oven, turn out on to a hot dish, dredge with sugar and serve at once.

August 5

**Country Club Chicken*
Sweet Potatoes *Green Corn*
Tomato Salad *Apple Whip*
Chocolate Wafers *Coffee*

**Country Club Chicken*—Wash 2 broilers or quite young chickens, cut them in halves or quarters if they be large enough, wipe them and dip each piece in beaten egg, well seasoned with salt and pepper and mixed with cream. Roll pieces in breadcrumbs and place them in Criscoed pan, dot generously with Crisco and place in hot oven for 15 minutes. Now put chicken in hot kettle, cover and let smother and steam for 30 minutes or until tender on a slow fire. Place chicken on hot platter; add half cup hot cream to gravy in kettle and strain it over chickens.

August 6

**Baked Liver and Bacon*
Mashed Potatoes *Corn on Cob*
Lettuce and Pineapple Salad
Stewed Pears *Cream*
Hasty Cake *Coffee*

**Baked Liver and Bacon*—Select liver, wash it well, rub it with Crisco, and place it in vinegar with 1 chopped shallot, a little chopped parsley, and salt and pepper to suit taste. Let it stand overnight; roast it, adding strips of bacon. Baste it frequently with the vinegar mixture. When done, make brown gravy, and serve very hot.

August 7

Grilled Trout *Chicken Saute*
**Souffled Squash* *Potato Croquettes*
French Salad *Fruit Compote*
Coffee

**Souffled Squash*—Take medium-sized Hubbard squash, remove seeds and stringy portion, and pare. Place in steamer and cook over boiling water for 30 minutes. Mash and season with Crisco, salt and pepper to taste. To 2 cups of the mashed squash, add gradually 1 cup cream, when blended, yolks of 2 well beaten eggs, and finally the stiffly beaten whites of the eggs. Pour into Criscoed souffle dish and bake in moderate oven till firm. Serve at once.

August 8

Clam Cocktail
Roast Lamb, Mint Jelly
Rice Fritters *Lima Beans*
Lettuce and Banana Salad
**Windsor Tartlets*
Iced Coffee

**Windsor Tartlets*—Crisco Plain Pastry, 2 eggs, 4 tablespoons Crisco, 4 tablespoons sugar, 1½ tablespoons cornstarch, 5 powdered macaroons, 18 glace cherries, 1 piece of lemon peel, and ½ tablespoon chopped almonds.

Put Crisco and sugar into 1 basin and beat them to a cream. Add yolks of eggs, 1 at a time, and beat each well in. Chop cherries and peel, add them and macaroons to mixture, mix thoroughly, add almonds and cornstarch. Roll out Crisco Plain Pastry and line small tartlet tins thinly with it. Beat whites of eggs to stiff froth and stir lightly into mixture. Fill each lined tin three parts full. Bake them in moderate oven until mixture is set and brown. Dust with sugar and serve either hot or cold. Place crossbars of pastry over mixture, if liked. Stale cake-crumbs can be used instead of macaroons.

August 9

Casserole of Lamb *Rice*
Spiced Peaches **Macaroon Pudding*
After Dinner Mints
Coffee

**Macaroon Pudding*—Soak 6 macaroons in ½ cup milk. Heat 2 cups milk in double boiler, add 2 tablespoons cornstarch moistened with 1 well beaten egg, 1 teaspoon Crisco, ½ teaspoon salt, and macaroons. Cook

for 20 minutes, remove from fire, add ½ teaspoon vanilla extract. Turn into Criscoed and sugared pudding dish, sprinkle ½ cup sugar on top, and cover with sliced peaches. Serve cold.

August 10

Tomato Bisque *Croutons*
Potato Croquettes *Fried Egg Plant*
Celery and Apple Salad
**Chocolate Pudding*
Coffee

**Chocolate Pudding*—Crisco a mold or basin. Beat 3 tablespoons Crisco and 2 tablespoons sugar to a cream, then beat in 3 yolks of eggs. Dissolve 1½ teacups grated chocolate smoothly in 1 cup milk, add it to Crisco mixture, with 2 cups cake-crumbs, 1 teaspoon vanilla, ½ teaspoon salt, and whites of eggs stiffly beaten. Fold the whites in gently. Pour into prepared mold, cover with Criscoed paper and steam for 2 hours. Turn out and serve with white sauce. This mixture may be placed in a Criscoed pudding dish and baked in a moderate oven.

August 11

Fried Chicken, a la Maryland
French Fried Potatoes **Stewed Onions*
Stuffed Tomato Salad
Musk Melon with Ice Cream *Coffee*

**Stewed Onions*—Peel onions and boil in boiling salted water till tender. When done, drain, and turn into hot vegetable dish. Melt 2 tablespoons of Crisco in saucepan, then stir in 1 tablespoon flour, mix well, add 1 cup milk and stir till boiling, add salt and pepper to taste and pour over onions.

August 12

Broiled Ham
Baked Potatoes *Green Corn Custard*
Apple Salad *Grape Juice Syllabub*
**Tilden Cake*
Coffee

**Tilden Cake*—Cream ¾ cup Crisco with 1½ cups sugar, add 4 well beaten eggs, 1 cup milk, sift in 3 cups flour, ¾ teaspoon salt, ½ cup cornstarch, 2 teaspoons baking powder, and add 2 teaspoons lemon extract. Turn into Criscoed and floured cake tin and bake for 1½ hours in moderate oven.

August 13

**Roast Fowl with Chestnuts and Mushrooms.*
Franconia Potatoes *Shell Beans*
Lettuce and Tomato Salad
Peach Short-Cake *Coffee*

**Roast Fowl with Chestnuts and Mushrooms*—Stuff 1 large or 2 small fowls with chestnuts or mushroom stuffing, truss it, brush with melted Crisco, dust with salt and pepper, and put on a rack in pan and in a hot oven until beginning to brown, reduce heat, and cook 1 or 2 hours, basting often. Add to pan ½ cup hot water, 1 slice salt pork, diced, tiny bit bay leaf, 1 clove, and sprig of parsley. If with mushrooms pour over little sherry mixed with cream. When done place fowl on platter, pour off all fat in pan but 3 tablespoons, add 2 tablespoons flour and slightly color, add 1 cup stock from giblets cooked with 1 slice of salt pork, salt and pepper, a little lemon juice, and minced giblets. Serve surrounded with chestnut or mushroom puree put through a pastry bag and tube in roses. Place a small piece of canned red pepper on each rose and serve gravy in boat.

August 14

Celery Soup
Braised Ox Tongue
**Mashed Turnips* *Baked Potatoes*
Waldorf Salad
Ginger Ice Cream *Coffee*

**Mashed Turnips*—Peel and dice 3 turnips, cover with boiling salted water and cook till tender; drain and press the water well out of them. Return to pan and add 3 tablespoons Crisco, 1 teaspoon salt, and 1 saltspoon white pepper, beat and mash them well together, when thoroughly hot turn into vegetable dish and serve.

August 15

Fish Souffle
Braised Stuffed Shoulder of Mutton
Breaded Potatoes **Carrots, a la Poulette*
Pineapple Jelly
French Pastry
Coffee

**Carrots, a la Poulette*—Boil 2 bunches of carrots until tender in boiling salted water, then drain. Blend 2 tablespoons Crisco with 1 tablespoon flour, when smooth add 1 cup milk and stir till boiling, add salt, pepper and paprika to taste, 1 tablespoon chopped parsley and cook for 5 minutes, then add carrots and allow to cook for 5 minutes longer. Serve hot.

August 16

Cream of Rice Soup
Hanoverian Steaks
* *Hashed Browned Potatoes*
Carrots en Casserole
Custard Souffle, Foamy Sauce
Coffee

* *Hashed Browned Potatoes*—Sprinkle 2½ cups cold boiled potato cubes with salt and white pepper to suit taste. Melt 1½ tablespoons Crisco; add 1 tablespoon flour and ½ cup brown stock. Cook 5 minutes; add potato cubes; cook 10 minutes, stirring, without breaking potatoes. Melt 1 tablespoon Crisco in another frying pan. When brown, turn in potatoes, spread evenly, and cook 10 minutes; fold like an omelet, and serve hot.

August 17

Lamb Chops
Peas **Chantilly Potatoes*
Turkish Salad
Fruit Ice Cream
Coffee

**Chantilly Potatoes*—Prepare nicely seasoned, lightly mashed potatoes and mound on a hot platter. Beat ½ cup cream until stiff, add 1 teaspoon melted Crisco, ½ cup grated cheese, season to taste with salt, pepper and red pepper. Pile lightly on to the potato and put in oven to brown. Be sure that the oven is very hot.

August 18

Watermelon Cocktail
Cannelon of Beef
Potatoes **Creamed Kohl Rabi*
Stuffed Celery
Meringues Filled with Ice Cream
Coffee

**Creamed Kohl Rabi*—Slice kohl rabi, boil 20 minutes or until nearly tender, and arrange in a baking dish in layers with the following sauce: 2 tablespoons Crisco, 2 tablespoons flour, ½ pint milk, ½ teaspoon salt, and 1 saltspoon pepper. Rub Crisco and flour together; add milk, cold. Stand saucepan over fire and stir continually until it reaches the boiling point; take from fire, and add salt and pepper. Then strain. Season each layer with pepper and salt, sprinkle the top with bread-crumbs and bake 20 minutes.

Vegetarian

August 19

Cream of Turnip Soup
Risotto
Asparagus Salad
Coffee Souffle
**Ginger Crisps*
Iced Tea

**Ginger Crisps*—Cream ½ cup Crisco with ½ cup sugar, add 1 cup molasses, 1 teaspoon each of cinnamon and nutmeg, 1 teaspoon salt, 2 teaspoons baking powder, and flour to make stiffish dough. Roll thin, cut out with cutter and bake in quick oven.

August 20

Corned Beef
Buttered Potatoes * *New Beets*
Lettuce, Italian Dressing
Tapioca Cream
Coffee

* *New Beets*—Peel hot cooked beets, cut into slices, and toss about for 3 or 4 minutes in saucepan which contains 3 tablespoons Crisco to which has been added 1 teaspoon plain vinegar, or a few drops of tarragon, 2 cloves, and 1 teaspoon sugar.

August 21

Cold Sliced Corned Beef
Baked Potatoes *Jellied Vegetables*
Pea Salad
**Countess Pudding*
Coffee

**Countess Pudding*—Line small Criscoed platter with Crisco pastry. Put 1 tablespoon Crisco in saucepan, add 1 cup milk, when warm pour over three tablespoons chopped cocoanut, add 1 tablespoon sugar. Allow to remain 30 minutes, add 3 yolks of eggs well beaten, and ½ teaspoon vanilla, pour into platter, bake 30 minutes in hot oven. Beat up whites of eggs, add pinch salt, 1 tablespoon sugar, and ½ teaspoon almond extract, pile on top of pudding and sprinkle with cocoanut. Brown in slow oven. Serve hot or cold.

Vegetarian

August 22

**Succotash* *French Fried Potatoes*
Tomato Jelly Salad
Orange Marmalade Ice Cream
Caramel Cake
Coffee

**Succotash*—Boil 1 dozen ears of corn for 3 minutes. Cut corn from cob, taking very small piece from top of each grain, then press out pulp. Mix this with an equal quantity of nicely cooked lima beans; add Crisco, salt and white pepper to taste; reheat and serve.

August 23

Fish Timbales, Cream Sauce
Mashed Potatoes *Stewed Okra*
Cucumber Salad
Cheese Straws
**St. Leonard's Pudding*
Coffee

**St. Leonard's Pudding*—Line edge of a pudding dish with pastry, and spread 2 tablespoons of jam in the bottom. Blend 4 tablespoons Crisco with ½ cup flour, when smooth stir in 1 cup milk, 4 tablespoons sugar, 1 teaspoon vanilla extract, ½ teaspoon salt, and 2 yolks of eggs, stir well together and pour over jam, bake 30 minutes. Beat up whites of eggs to a stiff froth, add 1 tablespoon sugar, and arrange roughly on the top. Place in oven until lightly browned.

August 24

**Boiled Mutton, Caper Sauce*
Riced Potatoes *String Beans*
Olive Salad
Toasted Crackers *Cheese*
Plum Compote *Coffee*

**Boiled Mutton*—Wipe leg of mutton, put on fire, barely covered with boiling water, and let boil about 10 minutes, then simmer until tender; season with salt when half cooked. A few slices of onion, turnip, and carrot, or 2 or 3 stalks of celery, may be added while cooking. When tender, brush over the meat with melted Crisco and sprinkle with finely chopped parsley. Serve with caper sauce which is made as follows: Mix 2 tablespoons Crisco with 1 tablespoon flour; add 1 cup boiling water; stir it over fire until thick; add to it 1 hard-cooked egg chopped fine and 2 tablespoons of capers.

August 25

Barley Broth
Mutton Souffle
Sweet Corn *Creamed Carrots and Peas*
**Peach Cobbler*
Coffee

**Peach Cobbler*—Sift 1½ cups flour and 1½ teaspoons baking powder. With tips of fingers work into flour 1 tablespoon Crisco, and when well mixed add ½ cup milk.

Peel and slice 4 peaches, and mix with ¾ cup sugar and 2 tablespoons melted Crisco. In bottom of baking dish invert a cup, around this arrange peaches, and over all place dough patted out to about ¾ of an inch in thickness. Bake in moderate oven until crust is brown and peaches are tender. This will require about 40 minutes. The cup keeps dough from lying on fruit and becoming soaked with juice.

August 26

**Beef Steak Pudding*
Spaghetti with Tomato
Potatoes on Half Shell
Green Pepper Salad
Apricot Pudding
Coffee

**Beef Steak Pudding*—Line a Criscoed basin with plain pastry. Mix together on a plate 1 tablespoon flour, 1 teaspoon salt, and ½ teaspoon pepper for seasoning. Cut 1 pound lean beef in thin slices, dip them in the seasoning, and place them lightly in the basin; split 1 sheep's kidney, skin and cut in thin slices; dip them also in the seasoning, and put them in basin, and pour over 1 cup of water for gravy. Wet the edges of the paste on basin; roll out a piece of paste large enough to cover the dish; place it on, press down at the edges, and sprinkle a little flour over top. Now dip a pudding cloth in boiling water, tie it tightly over the top, and plunge the pudding in plenty of boiling water; then boil for 3 hours. Remove the cloth, and turn the pudding out on a dish. Liver and bacon mixed, or mutton, makes a good pudding of this kind.

August 27

Steamed Clams
Vegetable Salad
Brown Bread Sandwiches
Peach Tapioca
**Princess Cake*
Coffee

**Princess Cake*—Line small square cake tin with plain Crisco pastry. Sprinkle in ½ cup cleaned currants. Cream ½ cup Crisco with 1 cup sugar, then add 3 well beaten eggs, 3 cups flour, 1½ teaspoons baking powder, and ½ teaspoon salt. Divide mixture into 2 portions. Add 1 tablespoon grated chocolate and 4 tablespoons milk to 1 portion. Put cake mixtures in spoonfuls on top of currants and bake in moderate oven for 35 minutes. Serve in square pieces.

August 28

Iced Bouillon
Pulled Bread
**Fillet of Beef, Horseradish Sauce*
Franconia Potatoes
Corn Souffle
Endive, French Dressing
Salted Triangles
Violet Mousse
Coffee

**Fillet of Beef*—Trim fillet into good shape. Lard it plentifully, letting the whole upper surface be perforated with lardoons. Place in baking pan thin slices of larding pork, over pork place layer of chopped onion, carrots, turnip, and celery; lay tenderloin on top. Pour in 1 cup stock, add ½ teaspoon salt, ¼ teaspoon pepper, 4 sprigs parsley, 1 bay leaf, and 2 cloves. Bake in hot oven 30 minutes, and baste frequently. Remove when done; strain off gravy and skim off grease. Blend 1 tablespoon Crisco with 1 tablespoon flour in a pan, add gravy strained from pan, ¼ cup grated horseradish, salt and paprika to taste and bring to boiling point, then add 2 tablespoons lemon juice and 1 tablespoon vinegar. Spread sauce on hot serving dish and lay fillet on it.

Vegetarian

August 29

Baked Macaroni, Tomato Sauce
Green Corn
Fried Egg Plant
Cantaloupe Salad
Marmalade Pudding
Iced Coffee

**Fried Egg Plant*— Peel good-sized egg plant; cut into slices of ¼ inch. Dust with salt and pepper; dip in beaten egg; roll in fine breadcrumbs and saute in hot Crisco. When they are brown on 1 side, turn and brown on the other. If preferred, the egg plant may be dipped in thin batter instead of egg and crumbs, and fried.

August 30

**Clam Chowder*
Stuffed Tomato Salad Welsh Rarebit
Lemon Pie Coffee

**Clam Chowder*—Remove heads from 4 cups clams and chop. Parboil 4 cups potatoes. Cook 1 chopped onion and ½ cup salt pork cut in cubes 15 minutes. Arrange clams, potatoes, onion and pork in layers in saucepan; cover with 3 cups boiling water, and simmer till tender. Blend 3 tablespoons Crisco with 2 tablespoons flour, add 4 cups scalded milk and stir till boiling; add clam mixture, seasonings to taste, 1 dash of Tabasco sauce, and serve hot.

August 31

Bisque of Clams and Peas
Stuffed Peppers
**Cheese Salad Toasted Crackers*
Lemon Sherbet Whipped Cream
Coffee

**Cheese Salad*—To 1 cup cooked chopped chicken, add ½ pound soft American cheese and ½ cup pickled chopped cauliflower. Rub through sieve, yolks of 2 hard-cooked eggs, add 1 teaspoon French mustard, 4 tablespoons melted Crisco, 3 tablespoons vinegar, red pepper, paprika, and salt to taste. Pour this sauce over salad and garnish with whites of eggs cut in slices and branches of pickled cauliflower.

September 1

**Cauliflower Soup*
Roast Beef, Brown Gravy
Oven-Panned Potatoes
Creamed Carrots
Celery and Green Pepper Salad
Coffee

**Cauliflower Soup*—Cut large parboiled cauliflower into thick slices, also 2 large onions and heart of a stalk of celery. Fry these in hot Crisco. When done to a golden color, remove them from pan to drain. Have ready stewpan of chicken and veal stock, ready seasoned as for table, then place in slices of cauliflower, onions, and celery, and allow them to simmer until vegetables can be broken with 2 forks. Add to this 1 glass of Madeira wine. Pull stewpan aside, and stir in 2 beaten yolks of eggs, and enough cream to make whole thickness of rich cream. Let all simmer, but not boil. Send to table with small dice-shaped pieces of toast.

September 2

Caviare on Toast
Fricassee of Chicken Banana Fritters
Boiled Potatoes Creamed Onions
Vegetable Salad
**Snow Pudding with Custard*
Coffee

**Snow Pudding with Custard*—Mix 2 tablespoons arrowroot with 3 tablespoons cold milk. Boil 1 cup milk then pour it on to mixed arrowroot, pour back into pan and boil gently for 8 minutes, stirring all the time, then allow to cool. Stir in yolks of 2 eggs, 2 tablespoons Crisco, ¼ teaspoon salt, 3 tablespoons sugar, pour into Criscoed pudding dish; beat whites of eggs to a stiff froth and mix lightly in. Dust nutmeg over top and bake in moderate oven 10 minutes. Serve quickly with custard.

September 3

**Stewed Liver with Mushrooms*
Baked Potatoes Scalloped Egg Plant
Celery and Apple Salad Peach Trifle
Sponge Cake Coffee

**Stewed Liver with Mushrooms*—Melt 1 tablespoon Crisco and add 1½ tablespoons flour. Brown by long slow cooking. Add salt and pepper and 2 cups water. Cook till as thick as good cream. Have 1 pound of calf's liver cut into 2-inch cubes. Pour boiling water over them and drain immediately. Drop these into brown sauce and cook slowly 10 or 12 minutes. They must not cook rapidly nor too long. In the meantime peel some mushrooms if they are fresh and require such treatment, and drop into melted Crisco and allow to simmer. Just before taking up liver add mushrooms.

September 4

Noodle Soup Lamb Chops
**Cauliflower French Fried Potatoes*
Watercress Salad
Plum Tart Coffee

**Cauliflower*—Boil and drain 1 cauliflower and dredge top with pepper and salt, sprinkle with grated cheese, and pour little melted Crisco over it. Set in oven for 5 minutes to brown, and serve surrounded with tomato sauce.

September 5

Hot Boiled Tongue, Lemon Sauce
Boiled Potatoes French Fried Parsnips
Cauliflower Salad
**Baked Quinces Jam Cake Coffee*

**Jam Cake*—Cream ⅔ cup Crisco with 1 cup sugar, add 3 well beaten eggs, ½ cup sour cream, 1 teaspoon soda, 2 cups flour, ½ glass strawberry preserves, 1 teaspoon cinnamon, ½ teaspoon each cloves, ½ teaspoon nutmeg, and ½ teaspoon salt, mix and bake in layers. Put strawberry preserves between layers, and white icing on top.

September 6

Planked Bluefish with Potato Border
*Grilled Tomatoes *Corn Creole*
Pepper Salad Cheese Pasties
Grape Juice Water Ice Coffee

**Corn Creole*—Put 2 cans corn into saucepan with 2 tablespoons chopped green peppers and 1 cup milk, and cook slowly 10 minutes; season with salt and pepper, add 2 tablespoons Crisco and serve. This may be put in baking dish, covered with bread-crumbs, and baked 15 minutes.

September 7

**Chestnut Soup*
Smothered Chicken Parsley Potatoes
Peppers Stuffed with Corn
Pineapple Salad Almond Custard
Coffee

**Chestnut Soup*—Boil 1 quart chestnuts 20 minutes, then remove shells and brown inner skin, and put into saucepan with sufficient boiling water to cover them. Add piece lemon rind and 1 teaspoon salt, when soft remove rind and rub through a sieve. Then pour over them stirring all the time, 2 quarts white stock, ½ cup cream, 1 tablespoon Crisco rolled with 2 tablespoons flour, seasoning of salt and pepper. Bring to boiling point, remove from fire and serve hot.

September 8

**Planked Smelts*
Baked Lamb Chops
Breaded Beets Riced Potatoes
Avocado Pear Salad
Apricot Cream Coffee

**Planked Smelts*—Crisco a plank quite generously, and place upon it smelts that have been split, cleaned, and seasoned, and squeeze liberal amount of lemon juice over them. Arrange in form of large fish shape, and garnish with potato roses put on with pastry tube and sprinkle with tiny bits of Crisco and finely chopped parsley. Place plank in oven and cook until potatoes are slightly browned. Garnish before taking to table with sliced tomatoes and cucumbers, dressed in vinegar, between potato roses.

September 9

Soft Shell Crabs on Toast
Broiled Steak
*Creamed Potatoes *Stuffed Onions*
Oyster Plant Salad
Mint and Pineapple Sherbet
Jumbles Coffee

**Stuffed Onions*—Boil 8 large onions in boiling salted water till tender. Drain, and with sharp knife cut centers from each. Mix together in a basin 2 tablespoons chopped cooked ham, 3 tablespoons crumbs, 2 tablespoons Crisco, 2 tablespoons cream, 1 beaten egg, salt, pepper, and paprika to taste, and 1 tablespoon chopped parsley. Fill with this mixture, sprinkle each with crumbs and dot with Crisco. Place on baking dish and bake in moderate oven 1 hour. Spanish onions are best to use.

September 10

Braised Ox Tails with Chestnuts
Boiled Sweet Potatoes
**Baked Stuffed Tomatoes*
Lima Bean Salad
Peach Chartreuse
Coffee

**Baked Stuffed Tomatoes*—Prepare tomatoes by scooping out centers. Put into a basin 1 cup crumbs, season with salt and pepper, 1 dozen chopped olives, 2 tablespoons chopped capers, 1 tablespoon chopped parsley, 1 tablespoon Crisco, beaten yolks 3 eggs, and moisten with stock. Fill tomatoes and set in hot oven to bake. Sprinkle top with crumbs and dot with Crisco.

September 11

Oysters au Gratin
Sirloin Steak, Anchovy Sauce
Duchesse Potatoes **Buttered Beets*
Red Cabbage and Celery Salad
Apricots Parisienne
Coffee

**Buttered Beets*—Boil 1 dozen small beets in plenty of water and when tender put into cold water, slip peeling off of them, cut them in thin slices and put in saucepan with 4 tablespoons Crisco, pinch of salt and little pepper. Add before they are quite hot 1 tablespoon vinegar.

September 12

Fish Croquettes *Cucumber Puree*
Broiled Duckling, Apple Sauce
**Fried Cauliflower* *Potatoes*
Olive Salad
Omelette Souffle *Coffee*

**Fried Cauliflower*—Remove large outside leaves from cauliflower, and cut flowers from stalk in symmetrical bunches and drop in salted ice water for a few moments. Cook in scalded milk and water until tender, then drain and let cool, and rub well with melted Crisco, which has been salted and peppered. Dip into frying batter and fry in hot Crisco until golden brown, draining upon white paper.

September 13

Clam Cocktails
**Stewed Squabs* *Grape Jelly*
Potato Balls *Green Corn*
Watermelon Frappe *Coffee*

**Stewed Squabs*—Cut 2 squabs into neat joints. Put 1 cup water in saucepan when it boils lay in squabs, 1 sliced onion, and 1 slice of carrot, simmer for 1½ hours. Blend 2 tablespoons Crisco with 2 tablespoons flour, add 1 cup stock from squabs, salt and pepper to taste and boil for 5 minutes stirring all the time. Arrange the squabs on a hot dish and strain over the sauce.

September 14

Oysters **Porterhouse Steak*
Scalloped Tomatoes *Lima Beans*
Apple and Chestnut Salad
Pear Sponge *Coffee*

**Porterhouse Steak*—Have large porterhouse steak well trimmed and shaped, and slit with sharp knife an opening flatwise through sirloin and tenderloin. Make forcemeat of 1 dozen olives chopped, 2 pounded anchovies, 1 chopped red pepper, salt and onion juice to taste, and 2 tablespoons melted Crisco. With this forcemeat fill smoothly cavities made in steak. Pinch steak together firmly at edges and set away on ice for 1 hour or even longer. Broil them over clear fire and serve without sauce.

September 15

Pea Soup
**Impanada* *Celery Mayonnaise*
Apple Trifle *Coffee*

**Impanada*—Cut up raw chicken, and flour each piece well. Line deep dish with slices raw sweet potato, slices raw white potato, some of chicken, little onion, few slices of bacon, salt and pepper to taste, and 1 can of tomatoes chopped fine, 2 tablespoons Crisco, and 1 tablespoon vinegar. Cover top of dish with sweet and white potatoes. Bake very slowly from 2 to 3 hours.

Serve hot. This takes 3 medium-sized sweet potatoes and 6 medium-sized white potatoes.

September 16

**Baked Ham*
Baked Potatoes *Brussels Sprouts*
Spiced Grapes *Apple Salad*
Ice Cream with Kisses
Coffee

**Baked Ham*—Soak ham over night then wash and scrape it. Put it into cold water; let it come to boiling point then simmer for 2 hours. Let the ham cool in the water; then remove and draw off the skin. Bake in moderate oven for 2 hours; baste it frequently; using 1 cup of sherry wine, 2 spoonfuls at a time; then baste with melted Crisco. When done, cover with a paste made of browned flour and browned sugar moistened with sherry, and return to oven to brown.

September 17

**Oyster Bisque*
Broiled Lamb Chops
Griddled Sweet Potatoes
Bean Croquettes, Tomato Sauce
Cauliflower Salad
Cocoanut Custard *Coffee*

**Oyster Bisque*—Boil 1 quart oysters in their own liquor with about 1 pint mildly-flavored white stock. Let boil for ½ an hour or even longer. Take up and strain, put back to boil, season with salt and white pepper as needed, add 1 quart rich milk and ½ a pint of cream. Blend together 1 tablespoon potato flour with 1 tablespoon melted Crisco, and with this thicken soup till it is smooth and velvety.

September 18

Hamburg Loaf, Tomato Sauce
Maitre d'Hotel Potatoes
Beet and String Bean Salad
Cheese Creams
**Chocolate Pudding with Macaroons*
Coffee

**Chocolate Pudding with Macaroons*—Put 3 cups milk to boil. Have 5 tablespoons grated chocolate in pan with ½ cup boiling water and 4 tablespoons sugar. When chocolate paste is smooth pour in milk. Mix 4 tablespoons cornstarch with 1 cup milk, add 1 teaspoon Crisco, and ¼ teaspoon salt, and with this thicken boiling milk. Add 1 cup macaroon crumbs and beaten whites of 2 eggs. Pour into wet mold and set on ice 1 hour.

September 19

Vegetable Soup
Roast Spare Ribs, Apple Sauce
**Sweet Potatoes, Southern Style*
Orange Custard
Coffee

**Sweet Potatoes, Southern Style*—Bake sweet potatoes until thoroughly done. Remove from oven and cut in halves lengthwise; remove potato from skins carefully, so as to keep skins in condition to refill. Mash potato, adding sufficient melted Crisco and cream to moisten. The potato mixture should be of the consistency of mashed potato when put back in shells. Season with salt, pepper, and a very little sherry. Refill skins, brush tops with Crisco and brown 5 minutes in hot oven.

September 20

Broiled Striped Bass
Porterhouse Steak with Olives
Baked Creamed Potatoes
**Asparagus, Italian Style*
String Bean Salad
Pineapple Fluff
Coffee

**Asparagus, Italian Style*—Cut tender parts of 2 bunches of asparagus into short lengths and set to boil till quite tender. Take up, drain, and put into saucepan with 3 tablespoons melted Crisco, few drops lemon juice, sprinkling of red pepper and salt. Let get thoroughly hot, take up, and serve on slices of fried bread.

September 21

Fried Cod Steaks
Sweet Potatoes *Boiled Onions*
Cucumber Salad
Walnut Pudding
**Feather Cake*
Coffee

**Feather Cake*—Cream ½ cup Crisco with ½ cup sugar, and ½ teaspoon salt, and 2 eggs beaten with ½ cup sugar, 1 teaspoon lemon extract, 1 cup milk, 2½ cups flour, and 2½ teaspoons baking powder. Beat 2 minutes and turn into Criscoed and floured cake tin. Bake in moderate oven for ¾ of an hour.

September 22

Cream of Barley Soup
**Shepherd's Pie*
Broiled Tomatoes
Cucumber Salad with Red Peppers
Wine Jelly
Coffee

**Shepherd's Pie*—Chop 1 pound cooked meat, mix in 2 tablespoons breadcrumbs, 1 chopped onion, 1 tablespoon chopped parsley, 1 cup gravy, salt and pepper to taste, 2 tablespoons Crisco, half teaspoon powdered herbs, and 1 tablespoon tomato catsup. Turn into fireproof dish and cover with thick layer seasoned mashed potatoes. Brush over with beaten egg and dot with pieces of Crisco. Bake 20 minutes.

September 23

**Mock Duck, Rice Stuffing*
Buttered Beets *Succotash*
Lettuce Salad
Grape Sherbet
Coffee

**Mock Duck*—1 cup chopped celery, 2 cups breadcrumbs, 2 cups chopped black walnut meats, 2 cups boiled rice, 6 hard-cooked eggs, 3 raw eggs, 1 tablespoon grated onion, 1 tablespoon salt, 1 saltspoon pepper, and 2 tablespoons Crisco.

Cook crumbs with 1 pint water for 5 minutes; add celery, hard-cooked eggs, chopped; remove from fire, add Crisco, nuts, rice and seasonings. Mix well with raw eggs, slightly beaten. Form into shape of duck, brush over with melted Crisco and bake 1 hour. Serve with apple sauce.

September 24

Macaroni Soup
Fried Scallops
Tournedos, a la Bordelaise
Mashed Potatoes *Baked Tomatoes*
**Cold Slaw*
Queen Mab Pudding
Coffee

**Cold Slaw*—Cut 2 cabbages very fine and put it in salad bowl. Boil 2 tablespoons vinegar. Beat up 2 eggs, add ½ cup sour cream, 2 tablespoons Crisco and add them to boiled vinegar. Stir over fire till boiling, add 1 teaspoon salt and ¼ teaspoon pepper, pour over cabbage, and it is ready to serve when very cold.

September 25

Broiled Butterfish
German Fried Potatoes
Cucumber Salad *Cheese Balls*
**Bread Pudding with Cherries*
Coffee

**Bread Pudding with Cherries*—Soak ½ pound bread in cold water till soft. Press out water and beat out any lumps with fork. Add 2 tablespoons Crisco, 2 tablespoons sugar, ½ teaspoon vanilla extract, and ¼ pound glace cherries and 1 teaspoon baking powder. Mix well, and add 1 well-beaten egg and 3 tablespoons milk. Put into Criscoed basin and cover with Criscoed paper, and steam for 1½ hours.

September 26

Veal Cutlets *Sliced Lemon*
Baked Cucumbers *Lyonnaise Potatoes*
Red Pepper Salad
**Amber Pudding*
Coffee

**Amber Pudding*—Peel, core, and quarter 8 apples. Put 3 tablespoons Crisco in a pan, when warm add

apples, 3 tablespoons sugar, grated rind 1 lemon, and stew slowly till soft, then rub through a sieve. Add yolks of 3 eggs, and ½ teaspoon cinnamon. Roll out Crisco pastry thinly, cut off a strip and press it on to the edge of a wet pudding dish. Put apple mixture into dish and bake for 30 minutes in a hot oven. Beat up whites of eggs with ½ teaspoon salt, to stiff froth, add 2 teaspoons sugar and 2 drops vanilla. Heap this meringue all over apple mixture. Dust with sugar and place here and there a glace cherry. Replace in oven to brown slightly.

September 27

Pot Roast of Beef, Gravy
Parsnips *Boiled Potatoes*
Stuffed Cucumber Salad
**Conservative Pudding*
Coffee

**Conservative Pudding*—The weight of 3 eggs in Crisco, sugar, and flour. Beat Crisco and sugar to a cream, add flour, 1 teaspoon baking powder, and mix slowly with eggs. Add ½ teaspoon vanilla extract and mix all well. Ornament a Criscoed mold with raisins, pour in mixture, steam 2 hours and serve hot with milk.

September 28

Pea Soup
Boiled Tripe, Cream Sauce
Stewed Celery *Mashed Potatoes*
Beet Salad
Meringues with Sliced Peaches
**Almond Fingers*
Coffee

**Almond Fingers*—2 cups flour, ½ cup Crisco, 1 egg, 2 tablespoons sugar, and ½ teaspoon baking powder. Rub Crisco into flour, add sugar and baking powder. Make into stiff paste with egg. Roll out and cut into fingers. Chop 1 cup almonds and mix with ½ cup sifted sugar, and white of 1 egg. Spread on fingers and bake quickly a light brown color.

September 29

**Pilau of Fowl*
Glazed Carrots *Potatoes au Gratin*
Lettuce and Nasturtium Salad
Vanilla Eclairs
Coffee

**Pilau of Fowl*—Truss fowl for boiling, place in pan with 3 cups stock or water and simmer 30 minutes. Wash and dry 1 cup rice. Melt 2 tablespoons Crisco and fry 1 chopped onion to golden brown in it; remove onion to plate, add 2 extra tablespoons Crisco and fry rice and ¼ cup blanched almonds till yellow, add onion, 2 tablespoons seeded raisins, with salt and paprika to taste. Tie in piece of muslin 3 cloves, 6 whole white peppers, 1 bay leaf, and 1 inch cinnamon stick and add them. Make hole in center of rice, lay fowl in it, pour in 1 cup of the stock, let simmer until fowl and rice are cooked, adding more stock as rice swells. Turn fowl over during cooking. Serve fowl with rice around it.

September 30

Raw Oysters
Steamed Fish, Lemon Sauce
Potatoes *Stuffed Tomatoes*
Radish and Lettuce Salad
**Hot Cheese Sandwiches*
Vanilla Cream Puffs
Coffee

**Hot Cheese Sandwiches*—Melt ¼ pound cheese with 3 tablespoons Crisco, ½ teaspoon salt, few grains red pepper, and 1 teaspoon mustard; moisten with a little vinegar and spread between thin slices of white bread. Cut into neat rounds.

October 1

Veal Cutlets
Rice Croquettes *Lima Beans*
Cabbage and Apple Salad
**Nut Pudding*
Coffee

**Nut Pudding*—1 cup soft bread-crumbs, 2 cups scalded milk, 1 tablespoon Crisco, 1 cup chopped

nuts, ½ teaspoon salt, 2 egg yolks, ¾ cup sugar, juice and grated rind of 1 lemon, 2 egg whites beaten until stiff, and 2 squares chocolate, melted. Mix breadcrumbs, milk, Crisco, nuts, salt, egg yolks, sugar, chocolate, juice and rind of lemon. When well blended, cut and fold in whites of eggs; pour into Criscoed individual molds, and bake 20 to 30 minutes. Serve hot with cream.

Vegetarian

October 2

Tomato Bisque Crackers
Baked Sweet Potatoes *Baked Beans*
Corn Fritters
Lettuce, French Dressing
**Orange Pie*
Coffee

**Orange Pie*—Line pie tin with Crisco pastry. Beat yolks of 3 eggs with 1 cup sugar till light; add 1 tablespoon cornstarch, ⅔ cup milk, grated rind and strained juice of 1 orange. Place in double boiler and stir till it thickens, then pour on to crust and bake 30 minutes. Cover top with meringue made with whites of eggs and sweetened with 3 tablespoons sugar and flavored with 1 teaspoon orange extract. Place in oven to brown.

Vegetarian

October 3

Cream of Lettuce Soup
**Vegetable Souffle*
Baked Potatoes *Boiled Green Peppers*
Stuffed Egg Salad
Apple Tapioca
Coffee

**Vegetable Souffle*—Blend 3 tablespoons Crisco with 2 tablespoons flour, add 1 cup milk, stir till boiling, add ½ cup grated cheese, yolks of 2 eggs, 2 tablespoons chopped parsley, seasoning of salt, pepper, and red pepper, and cook till it thickens.

Remove from fire and fold in stiffly beaten whites of eggs. Put some pieces of boiled cauliflower into Criscoed mold, then slices of seasoned tomatoes. Pour in mixture, sprinkle on few crumbs and bake till firm. Garnish with watercress and serve immediately.

Vegetarian

October 4

Almond Soup
**Nut Loaf, Cranberry Jelly*
Lima Beans *Carameled Sweet Potatoes*
Onion Souffle
Butterscotch Pie
Orange Ice
Coffee

**Nut Loaf*—Mix together 1 tablespoon Crisco, 1 cup chopped English walnuts and almonds, 1 cup crumbs, ½ teaspoon salt, dash pepper, 1 large ground onion, 3 tablespoons flour, 2 well-beaten eggs and 1 cup milk. Pour into Criscoed pudding dish and bake 30 minutes.

Vegetarian

October 5

Baked Chestnuts
Galantine of Lentils
Escalloped Tomatoes
Fruit Salad
**Apple Charlotte*
Coffee

**Apple Charlotte*—Cut bread into slices ¼ inch thick; then into strips 1½ inches wide, and as long as the height of mold to be used; cut 1 piece to fit top of mold, then divide it into 5 or 6 pieces. Crisco mold; dip slices of bread in melted Crisco, and arrange them on bottom and around sides of mold, fitting closely together or overlapping. Fill center entirely full with apple sauce made of tart apples stewed until tender, seasoned with Crisco and sugar. A little apricot jam can be put in center if desired; chopped almonds also may be added. Cover top with bread, and bake in hot oven 30 minutes. The bread should be an amber color like toast. Turn it carefully on to flat dish. Serve with any sauce that you like.

Vegetarian

October 6

Creole Chowder
Stuffed Potatoes
Spaghetti with Cheese
Lentil and Nut Salad
**Orange Puffs, Orange Sauce*
Coffee

**Orange Puffs*—Beat ½ cup Crisco with ⅔ cup sugar, add 2 well-beaten eggs, ¾ cup milk, 2 cups flour, ½ teaspoon salt, 2 teaspoons baking powder, and 1 teaspoon orange extract. Bake in Criscoed and floured gem pans and serve hot with orange sauce.

For sauce. Mix ½ cup sugar with 2 tablespoons cornstarch, and ¼ teaspoon salt. Add 1 cup boiling water and boil eight minutes, add grated rinds and strained juice 2 oranges and 3 tablespoons Crisco.

October 7

Carrot Soup
**Indian Dry Curry*
Boiled Rice *Spinach*
Cabbage Salad
Pineapple, Bavarian Cream
Coffee

**Indian Dry Curry*—2 pounds beef, 4 tablespoons Crisco, 1 onion, 2 tablespoons curry powder, 2 chopped gherkins, 1 dessertspoon chutney, 1 saltspoon salt, juice of ½ a lemon, and ½ pint thin brown sauce or gravy.

Melt Crisco in stewpan, put in onion (sliced), and fry for a few minutes. Then add meat, cut in small pieces, and fry all together for about 10 minutes. Now sprinkle curry over meat, and stir contents of saucepan over fire for another 5 minutes. The gherkins, chutney and salt must now be added; also sauce or gravy; and stewpan must be set over very slow fire about 1 hour; by that time meat should be quite tender. Add lemon juice, and dish up. Serve with plainly boiled rice.

October 8

**Fried Chicken, Swiss Style*
Sweet Corn Croquettes
Broiled Tomatoes
Crab Salad
Crackers *Cheese*
Coffee

**Fried Chicken, Swiss Style*—Cook chicken in salted water till it is fairly tender. Take up, let get cool, and cut into neat pieces for frying. Sprinkle these pieces with salt, pepper, and onion juice, then moisten them well with melted Crisco. Let them stand 1 or 2 hours to absorb flavoring of dressing, then dip in batter and drop into hot Crisco to cook till brown. This batter make of 1 cup flour, as much milk as is needed to have it stiff, 2 eggs, whites and yolks beaten separately, and ½ cup brandy. This batter will be better for standing, after it is mixed, for 1 hour.

October 9

Roast Shoulder of Veal
Roasted Potatoes *Lima Beans*
Pickled Plums
Romaine Salad
**Raisin Batter Pudding*
Coffee

**Raisin Batter Pudding*—Beat up 3 eggs, sift in 2 cups flour and ¼ teaspoon salt, add 1 tablespoon Crisco, 1 cup cream, and beat for 8 minutes; then add 1 teaspoon baking powder and 1 teaspoon orange extract. Pour into a Criscoed casserole, sprinkle over 8 tablespoons sultana raisins, and bake in moderate oven 1 hour. Serve with maple syrup.

October 10

**Cream of Corn, a la Creole*
Scalloped Fish and Oysters
Potato Croquettes
Cauliflower and Beet Salad
Squash Pie *Coffee*

**Cream of Corn, a la Creole*—Put 1 can of corn through meat chopper, add 1 large onion, sliced, 1 sprig of parsley, and 1 pint of water.

Cook altogether 20 minutes, being careful not to let it scorch, then press through a fine sieve, extracting all pulp possible. Melt 2 tablespoons Crisco, add an equal amount of sifted flour, ½ teaspoon salt, and dash of pepper. Cook to smooth paste; then add, very gradually, 1 quart scalded milk. When thick and smooth, add corn pulp and juice and 1 tablespoon sugar. Add salt to taste, and just before serving add 1 cup scalded cream or very rich milk.

October 11

Roast Veal
Mashed Sweet Potatoes
Green Beans
Stuffed Beet Salad
Cheese Crackers
**Dutch Apple Cake*
Coffee

**Dutch Apple Cake*—2 cups flour, 1 teaspoon salt, 3 teaspoons baking powder, 1 cup milk, 2 eggs, and 3 tablespoons melted Crisco. Mix and sift dry ingredients. Add beaten yolks, Crisco and milk. Beat well; cut and fold in stiffly beaten whites. Spread mixture ½ inch thick on Criscoed pans. Lay apples cut into eighths in 2 rows on top of dough. Sprinkle with sugar; bake in hot oven 30 minutes. Serve with lemon sauce.

October 12

Cream of Carrot Soup
Roast Pig, Apple Sauce
Candied Sweet Potatoes
Creamed Celery
Kumquat Salad
**Cheese Croutons*
Coffee

**Cheese Croutons*—Cut crusts from thin slices of stale bread and spread lightly with creamed Crisco, then with a layer of cream cheese seasoned with salt and pepper. Cover with a second slice of bread and cut into fingers 1 inch wide, using a sharp knife. Place in a shallow pan and brown in a hot oven.

October 13

**Peanut Puree*
Roast Pig Reheated in Casserole
Squash
Baked Potatoes
Red Cabbage Salad
Sultana Roll
Coffee

**Peanut Puree*—1 cup peanut butter, 1 quart milk, 1 tablespoon Crisco, 1 teaspoon onion juice, 1 tablespoon cornstarch, 1 bay leaf, 1 blade mace, pepper and salt to taste. Put milk, Crisco, peanut butter, onion juice, pepper, bay leaf and blade mace in double boiler; stir and cook until hot. Moisten cornstarch in little cold milk and add it to hot milk; stir until smooth and thick; strain through sieve. Add salt and serve at once with croutons.

October 14

**Grilled Halibut with Parmesan*
Roast Mutton, Currant Jelly Sauce
Creamed Turnips
Browned Sweet Potatoes
American Salad
Apple and Prune Pie
Coffee

**Grilled Halibut with Parmesan*—Take desired number of fillets of halibut and grill on both sides until nicely browned. Take from broiler, spread with Crisco, cover with grated Parmesan cheese, season with salt and dash of paprika on each slice, and set in hot oven until cheese is well browned and melted. Serve with lemon slices and potato balls tossed in melted Crisco containing chopped parsley.

October 15

**Broiled Smelts*
Roasted Squabs
Oyster Plant, Italian Style
Oriental Salad
Sweet Cider Jelly
Coffee

**Broiled Smelts*—Select 12 large smelts, clean well and split. Chop 12 olives, ½ green pepper with seeds removed,

2 sprigs parsley, add ½ tablespoon Crisco. Spread paste inside each smelt. Close fish together, sprinkle with salt, moisten with melted Crisco and broil over clear fire.

October 16

Poëled Fowl, Cranberry Sauce
Mashed Potatoes
Cauliflower au Gratin
Tomato and Green Pepper Salad
Macaroon Custard **Queen Cakes*
Coffee

**Queen Cakes*—½ cup sugar, ½ cup Crisco, ½ teaspoon salt, 3 eggs, ¼ cup currants, ¼ cup glace cherries (cut in dice), grate nutmeg, thin rind ½ lemon (chopped finely), juice 1 lemon, 1 cup flour, 4 tablespoons rice flour, and 1 teaspoon baking powder. Put Crisco and sugar in basin and work with wooden spoon to cream, add salt and eggs 1 by 1, and beat mixture thoroughly.

Mix in separate basin fruit, lemon rind, flours and baking powder. Stir this into other mixture, add nutmeg, and strained lemon juice. Stir mixture several minutes longer. Have ready Criscoed gem tins, three-parts fill them with mixture and bake in fairly hot oven from 20 to 25 minutes. Unmold cakes and place on sieve to cool. Cakes may be coated with chocolate or boiled frosting.

October 17

Baked Veal Cutlet
Potatoes Scalloped with Green Peppers
Succotash
Spinach Salad
**Apple Pie, Whipped Cream*
Coffee

**Apple Pie*—Core, peel and cut in halves 8 tart apples. Line pie plate with Crisco pastry, and fill with apples; sprinkle over 3 tablespoons sugar, ½ teaspoonful cinnamon, or nutmeg and cloves, and 2 tablespoons Crisco in small pieces. Bake till apples are soft, then, at the last moment cover with 1 cupful whipped cream, and send to table.

October 18

Rice Soup
Fish Pudding
Cauliflower
**Savory Potatoes*
Cheese Custard
Apple Dumplings
Coffee

**Savory Potatoes*—Pare 10 large potatoes and slice them, add 1 chopped onion. Crisco pudding dish, put in potatoes and onion, sprinkle with salt and pepper, 1 teaspoon sage and dot with Crisco, add 1 cup water and bake for 1¼ hours.

October 19

Lamb Cutlets, Morland Style
**Artichokes*
Riced Potatoes
Celery Salad
Crackers *Cheese*
Peach Melba
Coffee

**Artichokes*—Select some small artichokes, trim them and put in earthenware stewpan containing some hot Crisco. Season with salt and pepper and cover stewpan, leaving to cook for about 10 minutes. Then add for each 1 dozen artichokes, 1 pint canned peas and 1 shredded lettuce. Cover once more and cook gently without moistening, the moisture of lettuce and peas sufficing.

October 20

Canteloupes
Young Chickens, Roasted
Stuffed Tomatoes
**Grilled Potatoes*
Apple and Nut Salad
Fruit Cup
Coffee

**Grilled Potatoes*—Cut cold boiled potatoes into ½ inch slices lengthways, dip in melted Crisco, sprinkle with chopped olives, pour over a little melted Crisco and send to table.

October 21

**Giblet Soup*
Spiced Shoulder of Mutton
Brussels Sprouts Mashed Potatoes
Prune Mold Coffee

**Giblet Soup*—Scald and cut up 1 set of giblets—these include the neck, gizzard, liver, and heart of any fowl, put them into a pan with 1 quart stock or water, 1 whole onion stuck with cloves, and the grated rind of ½ a lemon. Simmer for 3 hours and strain. Peel and slice 2 onions and fry them in 3 tablespoons melted Crisco when brown, stir in 1 tablespoon flour and fry it brown, add the stock and stir till boiling, put back the giblets, season with salt and pepper, 1 grated carrot and simmer for 30 minutes.

October 22

**Okra Soup*
Curried Mutton
Rice Stewed Celery with Egg Sauce
Asparagus Salad Pear Fritters
Coffee

**Okra Soup*—Cut into pieces 2½ cups okra, slice 1 onion, slice 1 carrot, slice 1 turnip, three tomatoes skinned and sliced, 1 cup beans, 1 can peas, dice 2 stalks celery and chop 3 tablespoons parsley.

Melt 3 tablespoons Crisco in a saucepan, add onion, carrot, turnip, beans, and cook 15 minutes, add okra, celery, and 5 cups water, cook slowly for 1½ hours, add seasoning of salt, pepper and red pepper, tomatoes, corn and peas and simmer for 40 minutes. If too thick, thin with stock. Serve hot.

October 23

** Haricot of Veal*
Baked Tomatoes Russian Fish Salad
Date Souffle
Coffee

** Haricot of Veal*—Cut 2 pounds fillet of veal into small pieces of uniform shape and size, and fry till a light brown in hot Crisco. Add 2 tablespoons flour blended with 2 tablespoons melted Crisco. Season with salt and pepper, cover with 1 pint stock or water, and let simmer, covered closely, till veal is done and till stock is well cooked away. Take up, arrange in circle on dish, and in center put Lima beans, boiled and reheated in plenty of Crisco.

October 24

Roast Pork, Apple Sauce
Browned Parsnips
Glazed Sweet Potatoes Porcupine Salad
**Black Cap Pudding Coffee*

**Black Cap Pudding*—Mix ¼ cup currants, with 3 tablespoons sugar, ½ teaspoon salt, 1¼ cups flour sifted with 1 teaspoon baking powder, ½ teaspoon grated nutmeg, 2 tablespoons Crisco, 2 well beaten eggs, and 2 cupfuls milk, and beat well together. Crisco a pudding mold, sprinkle in some currants, pour in mixture, cover with greased paper and steam for 2 hours. Serve with milk.

October 25

Wild Duck with Mushrooms
**Stuffed Egg Plant*
Apple and Cucumber Salad
Almond Pudding
Hot Cheese Denises Coffee

**Stuffed Egg Plant*—Parboil 1 egg plant and cut in halves. Scrape out some of the inside and chop some cold cooked meat with 2 tomatoes, 1 onion, and 2 green peppers. Then mix with 1 beaten egg, 1 tablespoon Crisco, and salt and pepper to taste. Fill halves with this mixture; sprinkle with breadcrumbs and tiny bits of Crisco, put in baking dish with little stock or water, and bake.

October 26

Mock Pigeon, Espagnole Sauce
**Scalloped Pumpkin and Rice*
Baked Sweet Potatoes
Combination Salad
Honeycomb Pudding
Coffee

**Scalloped Pumpkin and Rice*—In Criscoed fireproof dish arrange layer of stewed pumpkin, cover with

layer of boiled rice, then layer of white sauce, proceed until ingredients are used. Cover with crumbs, dot with Crisco and bake until browned on top. To cook pumpkin, cut in two, scrape out the interior, pare and cut into small pieces. Steam and cook till tender. Rub through a sieve, add 2 tablespoons Crisco, season with salt, pepper, and paprika.

October 27

Noisettes of Mutton
String Beans *Latticed Potatoes*
French Salad **Chestnut Dainty*
Coffee

**Chestnut Dainty*—Boil 1 pound of Italian chestnuts 15 minutes; then remove shells and skins, and put back to boil until tender, with 1 cup of milk and 1 teaspoon Crisco, on the back part of range until soft enough to rub through a sieve. Crisco a mold well and line thickly with pulp, then add layer of apple sauce colored pink with currant jelly; then another layer chestnuts and again a layer of apple sauce. Over this squeeze some lemon juice, and bake in quick oven. Turn out on platter, and surround with whipped cream, colored with little currant jelly.

October 28

Shrimp Canapes
Roast Mutton, Onion Sauce
**Celeriac* *Sweet Potatoes*
Corn Salad *Pumpkin Pie*
Coffee

**Celeriac*—Well wash and peel the celeriac. Cut them in quarters and boil in boiling salted water until quite tender. Drain well and arrange in a hot dish and pour egg sauce over them.

For egg sauce, blend 2 tablespoons Crisco with 2 tablespoons flour, add 1 cup milk and stir till boiling, add seasoning of salt and pepper and boil for 8 minutes, stirring all the time, then add 2 hard-cooked eggs rubbed through a sieve, mix well and serve.

October 29

Cream of Spinach Soup
Baked White Fish, Caper Sauce
Rice Croquettes *String Beans*
Celery *Boiled Dressing*
**Chestnut Tartlets* *Coffee*

**Chestnut Tartlets*—Boil and mash 1 pint chestnuts, add ¼ cup each creamed Crisco and cream, 1 beaten yolk, ¼ cup powdered sugar, little salt, and 1½ cups milk. Cover inverted small tartlet tins with Crisco pastry, bake, and fill with mixture, and bake again.

October 30

Brussels Sprout Soup
**Rabbit, a la Marengo*
Parisian Potatoes *Braised Celery*
Lettuce, French Dressing
Prune and Rice Meringues
Coffee

**Rabbit, a la Marengo*—Cut up 1 rabbit into neat joints. Melt ½ cup Crisco in saucepan, put in rabbit and fry it quickly till browned, add 2 chopped small onions, and fry for a few minutes, pour off any fat into another pan, add to rabbit 1 cup brown sauce, 2 chopped tomatoes, 8 button mushrooms, seasoning of salt, pepper, and paprika. Put on lid and simmer gently 1 hour. Arrange rabbit on hot dish, put mushrooms in heaps round with thin lemon slices, season gravy and pour it over.

Hallowe'en

October 31

Clear Soup
**Braised Duck with Turnips*
Riced Potatoes *Spinach*
Orange Salad
Goblin Cakes *Nuts* *Candies*
Custard Souffle, Vanilla Sauce
Coffee

**Braised Duck with Turnips*—Wash and cut 2 carrots, 2 stalks celery, 2 turnips, 1 onion in large pieces, put them in pan on these place 4 slices ham, then 1 duck trussed for roasting, 1 bunch parsley, 2 cups water, dust nutmeg, pepper, and salt. Lay

Criscoed paper over top, then lid, and simmer 1 hour or till duck is tender.

Melt 3 tablespoons Crisco in a pan, add 1 dozen small peeled turnips and toss till they are golden color. When duck is cooked, remove strings and skewers. Put on hot dish, and arrange turnips round. Season gravy and strain over duck.

November 1

Irish Stew Baked Rice Lima Beans
Macedoine Salad
**Chocolate Cream Pie Coffee*

**Chocolate Cream Pie*—2 squares chocolate, ¼ cup cornstarch, 1 teaspoon Crisco, 1 pint milk, 2 egg whites, ½ cup sugar, 3 egg yolks, ¼ teaspoon salt, and 1 tablespoon vanilla. Melt chocolate, add sugar, cornstarch, egg yolks, salt, Crisco and milk. Cook in double boiler till thick, stirring constantly; flavor with vanilla. Pour into a baked pie crust shell, cover with meringue made by beating egg whites till stiff and adding 2 tablespoons sugar; brown in oven and serve cold.

November 2

Baked Rolled Fillets of Fish, Bechamel Sauce
Cucumber Salad Yeast Rolls
** Roast Guinea Chickens, Guava Jelly*
Rice Croquettes Scalloped Egg Plant
Pear and Celery Salad
Lemon Sherbet Sponge Cake
Coffee

** Roast Guinea Chickens*—Put 2 tablespoons Crisco in each of the birds, this prevents them getting dry. Slit 2 slices bacon once or twice then tie over breasts of birds, which should be trussed for roasting. Wrap them in Criscoed paper and bake in a quick oven for 30 minutes, baste well and frequently; for the last 8 minutes remove paper and bacon; sprinkle with a little flour, salt and pepper, baste well, and let brown. Serve on hot dish, garnished with rolls of bacon. Hand with it gravy, bread sauce, and guava jelly.

November 3

Celery Soup
**Casserole of Lamb*
Sweet Pickle
Creamed Onions
Mashed Potatoes
Cabbage Salad
Caramel Ice Cream
Coffee

**Casserole of Lamb*—2½ pounds loin of lamb, ½ cup rice, 2 cups good gravy, 1 blade mace, ½ cup Crisco, 2 egg yolks, salt and pepper, and a little grated nutmeg. Half roast loin of lamb, and cut it into steaks. Boil rice in boiling salted water for 10 minutes, drain it, and add to it gravy with nutmeg and mace; cook slowly until rice begins to thicken, remove it from fire, stir in Crisco, and when melted add yolks of eggs well beaten; Crisco a casserole well, sprinkle steaks with salt and pepper, dip them in melted Crisco, and lay them in Criscoed dish; pour over gravy that comes from them, add rice and simmer for ½ an hour.

November 4

Tomato Soup
**Steamed Cod, Parsley Sauce*
Roast Ribs of Beef, Horseradish Sauce
Colcannon Potatoes
Charlotte Russe
Coffee

**Steamed Cod*—Wipe 4 cod steaks dry, and sprinkle with salt, pepper, lemon juice, and melted Crisco on under side; lay on Criscoed platter, put another Criscoed platter over; set on top of saucepan of boiling water, and steam ¾ of an hour, or until fish begins to leave bones. Serve with parsley sauce.

For parsley sauce. Blend 2 tablespoons Crisco with 2 tablespoons flour in a pan over the fire, add 1 cup milk and stir till boiling, season with salt, pepper and red pepper, and stir and cook for 10 minutes, then add 1 tablespoon chopped parsley, and serve.

November 5

Ham Timbales, Cheese Sauce
Paprika Potatoes *Spinach*
Apple and Celery Salad
**Cocoanut Pudding*
Coffee

**Cocoanut Pudding*—1 cup scalded milk, ¾ cup soft breadcrumbs, ½ cup grated cocoanut, 2 egg yolks, 1 tablespoon Crisco, ½ cup cocoa, ½ cup sugar, 1 teaspoon lemon juice, 2 egg whites, and ¼ teaspoon salt.

Soak bread in scalded milk until soft. Add cocoanut, sugar, cocoa, Crisco, lemon juice and salt; beat well; add yolks eggs beaten, cut and fold in stiffly-beaten whites. Turn into Criscoed pudding dish and bake in moderate oven 30 minutes. Serve hot or cold.

November 6

Roast Duck
Egg Plant Croquettes
Peppers Stuffed with Rice
Canned Pears on Lettuce, with Mayonnaise
**Brown Bread Souffle*
Coffee

**Brown Bread Souffle*—Melt 2½ tablespoons Crisco, add ½ cup milk, ½ cup cream, 2 cups brown breadcrumbs, ¼ teaspoon salt, and grated rind 1 lemon; let boil 2 minutes, stirring well, remove pan from fire, add 4 tablespoons sugar, 1 teaspoon cinnamon, 1 teaspoon vanilla extract, and when cool, beaten yolks 4 eggs. Beat egg whites stiffly and add them lightly. Pour mixture into Criscoed tin, cover with Criscoed paper and steam gently 1 hour. Serve hot with sweet sauce.

November 7

Corned Beef
**Cabbage, a la Creme* *Potatoes*
Olive Salad
Hasty Pudding
Cocoanut Cakes
Coffee

**Cabbage, a la Creme*—Trim and wash 1 cabbage, then boil in boiling salted water, adding 1 peeled onion stuck with 2 cloves. When tender take out onion and drain cabbage. Either chop finely or rub through a sieve. Melt 1 tablespoon Crisco in pan, put in cabbage, stir it well, add 3 tablespoons cream gradually, salt and pepper to taste.

When thoroughly hot, pile in hot dish, and garnish with sippets fried bread or toast.

November 8

Cold Corned Beef
Baked Potatoes
Pickled Beets
Cauliflower Salad
Cheese Wafers
**Golden Pudding*
Coffee

**Golden Pudding*—Line and ornament small pudding dish with puff pastry. Beat 2 tablespoons Crisco with 4 tablespoons sugar till creamy, add 4 tablespoons cakecrumbs, yolks 3 eggs beaten with ½ cup milk, ½ teaspoon salt, grated rind and strained juice 2 oranges. Pour into pudding dish, and bake 40 minutes. Whip up egg whites to stiff froth, stir in 3 tablespoons sugar, few drops yellow color, 1 teaspoon orange extract, and pile on top of pudding. Put back in oven to brown.

November 9

Broiled Steak
Mashed Potatoes
Spinach with Butter Sauce
Escarole Salad
**Cheese Fondue*
Coffee

**Cheese Fondue*—2 tablespoons flour, ½ cup grated cheese, 1 tablespoon Crisco, 2 eggs, salt, pepper and red pepper, and ½ cup milk. Melt Crisco, add flour, then milk gradually. Stir till they boil, cool a little, add cheese and yolks and seasonings. Fold in whites stiffly beaten. Pour into a Criscoed souffle tin. Bake 20 minutes in hot oven. Fold a napkin round and serve hot.

November 10

Haddock au Gratin
**Venison Cutlets*
Hashed Browned Potatoes
Oyster and Celery Salad
Marrons, a la Creme
Coffee

**Venison Cutlets*—Trim venison cutlets in usual way. Put 4 tablespoons Crisco in saute pan and when hot put in cutlets, seasoned with salt and pepper, fry till brown. Then take out cutlets, put into pan ½ tumbler currant jelly to melt, add 2 tablespoons Crisco with ½ teaspoon salt, and serve separately with cutlets.

November 11

**Baked Scallops in Shells*
Chicken Souffle
Fried Celery *Latticed Potatoes*
Watercress and Green Pepper Salad
Meringues Glaces *Coffee*

**Baked Scallops in Shells*—Take desired quantity of fresh scallops—1 pint or 1 quart, and cook them in little white wine until done. Drain, cut in quarters, and add to them ½ their quantity of minced onion fried until tender, but not brown. Moisten with white sauce, season with red pepper and salt, heap high in scallop shells, cover with bread-crumbs moistened in melted Crisco, and brown in hot oven. Garnish with lemon slices and parsley.

November 12

Hamburg Steak Balls
Mashed Potatoes *Fried Parsnips*
Apple and Celery Salad
**Baked Indian Pudding*
Coffee

**Baked Indian Pudding*—3½ quarts milk, 3 tablespoons cornmeal, ½ pint molasses, 3 tablespoons Crisco, 1 teaspoon salt, 1 teaspoon cinnamon, and ½ teaspoon ginger. Boil 1 quart milk; add to it molasses, Crisco, salt, and spices, and lastly meal stirred smooth with little cold milk; scald whole together, and turn into a well Criscoed baking dish. When it begins to crust over, stir it all up from bottom, and add 1 pint of cold milk. Repeat process every ½ hour, or oftener if pudding browns too fast, till 5 pints are used; then let it bake till done—6 hours in all. Serve hot with sauce of grated or granulated maple sugar stirred into rich cream, and kept very cold till needed.

November 13

Lamb Cutlets
Potatoes **Curried Lima Beans*
Tomato Salad
Cheese Fritters
Benedictine Jelly
Coffee

**Curried Lima Beans*—Chop 1 onion finely and fry it for a few minutes in 2 tablespoons Crisco, add 1 tablespoon curry powder, 1 teaspoon salt, 1 teaspoon flour, 1 teaspoon lemon juice, and 1 cup water, allow to cook slowly for 20 minutes, then add 1½ cups cooked lima beans, mix well and serve hot.

November 14

Cream of Tomato Soup
** Nut Roast, Piquante Sauce*
Sweet Potatoes *Fried Egg Plant*
Lettuce Salad
Baked Quinces *Gingerbread*
Coffee

** Nut Roast*—½ cup lentils, ½ cup shelled roasted peanuts, ½ tablespoon Crisco, ½ cup toasted bread-crumbs, ½ teaspoon salt, ½ salt-spoon pepper and milk. Soak lentils over night; in morning drain, cover with fresh water and bring to boil. Drain again; and put in fresh water and cook until tender. Drain once more; throw away water and press lentils through colander. Add nuts, either ground or chopped, Crisco, breadcrumbs, seasoning and milk sufficient to make mixture consistency of mush. Put into Criscoed baking dish; bake moderate oven 1 hour; turn out on heated platter; garnish with parsley or watercress and serve with Piquante sauce.

Vegetarian

November 15

Sweet Potatoes au Gratin
Corn, a la Southern
**Raisin and Nut Bread*
Apples Stuffed with Celery
Caramel Custards *Coffee*

**Raisin and Nut Bread*—1 egg, ¾ cup sugar, 1½ cups milk, 1 teaspoon salt, 3 cups flour, 2 teaspoons baking powder, 2 tablespoons Crisco, ½ cup raisins, and 1 cup chopped walnut meats. Beat egg with sugar; add sifted flour, baking powder and salt alternately with milk; last add Crisco, melted, and walnuts. Bake in deep pan in slow oven 45 minutes.

November 16

Cream of Corn Soup
Roast Turkey, Giblet Sauce
Mashed Potatoes *Creamed Onions*
Melon Mangoes *Cheese Fingers*
**Apple Strudel* *Coffee*

**Apple Strudel*—Sift 2 cups flour with ½ teaspoonful salt and 1 teaspoon sugar. Add gradually 1 cup lukewarm water, and knead until dough does not stick to hands. Roll dough as thin as possible on floured board. Place clean tablecloth on table, put rolled out dough on it and pull carefully with fingers to get thin as possible. Mix 4 cups chopped apples with 1 cup sugar, 1 tablespoon cinnamon, 1 cup seeded raisins, and 1 cup currants. Spread over dough, and spread little Crisco over apples. Take cloth in both hands, and roll strudel over and over like roly poly. Roll strudel into Criscoed baking pan and bake in hot oven until brown.

November 17

**Stewed Rabbit*
Glace Potatoes *Baked Onions*
Jellied Baked Beans
Cranberry Bavarian Cream
Coffee

**Stewed Rabbit*—Melt 4 tablespoons Crisco in saucepan; joint rabbit and fry quickly in Crisco, then fry 1 sliced onion until browned, stir in 2 tablespoons flour and brown flour; now add gradually 2 cups water and stir till smooth, when boiling add salt, pepper, and paprika to taste, and 2 tablespoons chopped parsley; simmer slowly 1½ hours. Dish and strain over gravy.

November 18

Julienne Soup *Toast Points*
Stuffed Hearts *Pickles*
Browned Potatoes *Baked Squash*
**Almond and Apple Pudding*
Coffee

**Almond and Apple Pudding*—Pare and core 6 apples, chop into small pieces and sprinkle with ½ cup sugar. Have ready 2 cups breadcrumbs, soaked in ½ cup milk to which 1 tablespoon melted Crisco has been added. Beat 2 eggs till light, add to them grating of nutmeg, a pinch of cinnamon and good pinch of salt. Mix apple with soaked breadcrumbs, then eggs, and lastly 2 dozens blanched almonds chopped fine. Thin with ½ cup milk, then pour into Criscoed tin and bake. Serve with sweetened cream.

November 19

Spare Ribs Stew
Rice Croquettes *Waldorf Salad*
Cheese Biscuits
**Cranberry Pudding* *Coffee*

**Cranberry Pudding*—Cream ½ cup Crisco with 1 cup sugar, add 3 eggs well beaten, ½ cup milk, 3½ cups flour, 2 teaspoons baking powder, ½ teaspoon salt, and ½ teaspoon almond extract, then stir in 1½ cups cranberries, turn into Criscoed mold, cover with greased paper and steam 4 hours. Serve with milk.

November 20

Oyster Croquettes
**Stuffed Lamb Chops* *Chestnut Puree*
Mashed Potatoes *Egg Plant Fritters*
Kumquat and Endive Salad
Stewed Figs *Coffee*

**Stuffed Lamb Chops*—Wipe 6 French chops, cut 1½ inches thick. Split

meat in halves, cutting to bone. Cook 2½ tablespoons Crisco and 1 tablespoon chopped onion 5 minutes; remove onion, add ½ cup chopped mushroom, and cook 5 minutes; add 2 tablespoons flour, 3 tablespoons stock, 1 teaspoon chopped parsley, ¼ teaspoon salt, and few grains red pepper. Spread mixture between layers of chops, press together lightly, wrap in Criscoed paper cases, and broil 10 minutes. Serve with chestnut puree.

November 21

Baked Boned White Fish
Bread Dressing, Drawn Butter Sauce
Stewed Tomatoes
Mashed Potatoes
**Date Pudding*
Coffee

**Date Pudding*—Clean, stone, and chop 1 pound dates, add 1 cup English walnut meats, broken in pieces, ½ cup flour, 1 teaspoon baking powder, and ½ teaspoon salt. Beat up 4 egg whites to stiff froth, then fold in ½ cup sugar, add beaten egg yolks, ½ tablespoon melted Crisco and date mixture. Turn into Criscoed tin and bake in moderate oven 30 minutes. Cut in squares and serve cold with whipped cream.

November 22

**Fried Smelts, Sauce Tartare*
Roast Chicken
Creamed Chestnuts
Canned Stringless Beans
Orange and Romaine Salad
Mint Ice Cream
Coffee

**Fried Smelts*—Clean, trim the fins, and remove gills; wipe very dry, roll in flour, brush over with beaten egg, roll in crumbs and fry in hot Crisco until crisp; drain on soft paper, dish on lace paper in a heap, and garnish with fried parsley, serve with sauce tartare. Smelts make a nice garnish for many fish dishes, the tails drawn through the eyes, dressed as above, and fried.

November 23

Bisque of Clams
Boiled Fish, Hollandaise Sauce
Potatoes Baked Parsnips
Celery Salad
**Italian Fritters*
Coffee

**Italian Fritters*—1 egg, 1 cup milk, grated rind 1 lemon, 2 tablespoons Crisco, 5 slices stale cake, ½ teaspoon powdered cinnamon, sugar and few grains salt. Cake should be about a ¼ of an inch thick, not less. Cut out into oval or round shapes with cutter. Beat egg, mix with milk, lemon rind, salt, and about 1 teaspoon sugar. Lay slices of cake in this custard until they are soft, but not crumbly; time will depend upon how stale cake is. Heat ½ Crisco in frying pan, lift few pieces of cake up carefully and lay them in hot Crisco. Brown 1 side, then turn them over and brown other side also. Add some pieces of Crisco as required. Mix cinnamon with 2 teaspoons sugar and sprinkle some of these over each fritter. Serve with hard sauce.

November 24

Cannelon of Beef
Creamed Cabbage Franconia Potatoes
Cranberry Salad
Cheese Wafers
**Baba with Syrup*
Coffee

**Baba with Syrup*—Sift 3 cups flour and ½ teaspoon salt into a basin, add 1 yeast cake dissolved in ½ cup luke warm milk; make well in center of flour, pour in 5 beaten eggs, mix with the hand for 5 minutes. Put it into Criscoed basin, spread over with ½ cup Crisco, cover and put in warm place until it has risen to twice its original size. Knead until elastic, add 1 tablespoon sugar, 2 tablespoons currants, 2 tablespoons sultana raisins, knead again. Turn into large Criscoed mold. It should not be more than half full. Allow to rise to top of tin, then bake in moderate oven for 30 minutes. Turn out and

pour syrup over it. To make syrup, boil 2 cups water with ¼ cup sugar for 10 minutes, then add 2 tablespoons apricot jam and boil 5 minutes. Strain, add 1 wineglass rum and bring to boiling point.

November 25

Quick Beef Soup
Panned Chicken, Brown Sauce
Curried Rice
Creamed Carrots
Tomato Salad
**Baked Macaroni Pudding*
Coffee

**Baked Macaroni Pudding*—1 pint milk, 4 long sticks macaroni, 1 egg, 2 tablespoons sugar, nutmeg, 1 tablespoon Crisco, and salt to taste.

Break macaroni into ½ inch lengths. Boil milk, shake in macaroni and salt and boil it very slowly for ½ an hour, or until quite tender, and keep it well stirred during cooking. Thickly Crisco a pudding dish and beat up egg. Add sugar and Crisco to macaroni, let it cool a little, then pour in egg and mix it well. Grate little nutmeg on top and bake pudding very slowly until top is delicately browned.

Thanksgiving Dinner

November 26

Bisque of Oyster
Broiled Smelts, Drawn Butter
Roast Turkey, Cranberry Sauce
Mashed Potatoes
Stewed Celery
Romaine Salad
Roquefort Cheese
**Hot Pumpkin Pie*
Orange Ice
Coffee

**Hot Pumpkin Pie*—Line pie tin with Crisco Pastry. Mix 2 cups steamed and strained pumpkin, with 2 teaspoons Crisco, ½ teaspoon salt, 1 cup sugar, ½ teaspoon each cinnamon, cloves, mace, allspice, and ginger, grated rind of 1 lemon, 1 cup milk, ½ cup cream, 2 well beaten eggs, and pour into prepared pie plate. Bake till firm in moderate oven. Serve hot. As a change, place on the pumpkin pie as it comes out of the oven a layer of halved marshmallows, replace in the oven and let them brown.

November 27

Pea Soup
Boiled Tongue, Raisin Sauce
Rice Balls
Stewed Celery
Tomato and Cress Salad
**Graham Pudding*
Coffee

**Graham Pudding*—Mix 2 cups graham flour, ½ teaspoon salt, 2 tablespoons Crisco, 1 teaspoon each cinnamon, ginger, cloves, and nutmeg, 1 cup currants, 1 cup molasses, 1 egg well beaten, 1 cup milk, 2 teaspoons soda dissolved in 1 tablespoon hot water. Pour in Criscoed mold, cover with Criscoed paper and steam 3 hours. Turn out and serve with milk.

November 28

Steak en Casserole
Sweet Potato Croquettes
Boiled Cauliflower
Pear and Grape Salad Cheese Fritters
**Pineapple Souffle*
Coffee

**Pineapple Souffle*—Cream 1½ tablespoons each Crisco and flour, add 1 cup canned grated pineapple and juice. Cook 5 minutes, remove from fire, add little salt, 1 tablespoon lemon juice, and 3 beaten egg yolks. Bake in Criscoed dish 20 minutes. Serve with following sauce: Cook 2 tablespoons creamed Crisco in double boiler, add 2 yolks of eggs, 1 at a time, beat, and add 4 tablespoons sugar, 2 tablespoons orange juice, 1 teaspoon lemon juice, and ½ cup whipped cream. Serve hot.

November 29

Mock Bisque Soup
Mutton Haricot
String Beans
Fried Parsnips
Lettuce and Pepper Salad
**Apples with Red Currant Jelly*
Coffee

**Apples with Red Currant Jelly*—6 cooking apples, 4 tablespoons flour, 1 egg, cakecrumbs, apricot jam, 6 glace cherries, red currant jelly, Crisco and syrup. Choose apples as much as possible same size, peel and core them carefully, so as not to break them. Put 1 cup syrup into stewpan or baking tin, put in apples and cook over fire or in oven until nearly done. Baste them occasionally with syrup. Let them get cold, then roll them in flour, brush over with beaten egg, toss in sifted cakecrumbs, and fry in hot Crisco a golden brown. Drain on piece of paper, fill centers with apricot jam, cut out some rounds of red currant jelly, place 1 on top of each apple and a glace cherry on that. Dish up and serve hot or cold. An apricot syrup should be sent to table separately with apples.

November 30

Smoked Salmon Toast
**Spiced Venison*
Black Currant Jelly
Creamed Turnips
Grilled Sweet Potatoes
Escarole Salad, Cheese Dressing
Peach Gateau
Coffee

**Spiced Venison*—Rub a piece of venison with salt, pepper, vinegar, cloves, and allspice; then put into baking pan. Pour over 1 cup melted Crisco, add 2 sliced onions, sprig of thyme, 3 sprigs parsley, juice 1 lemon, and ½ pint hot water. Cover and bake in hot oven till tender. Sprinkle with flour, add 1 glassful of sherry wine and allow to brown.

December 1

Oyster Bouillon
**Baked Beefsteak*
Fried Beets *Baked Potatoes*
Grapefruit and Endive Salad
Nougat Ice Cream
Coffee

**Baked Beefsteak*—Cut 2 pounds of sirloin, ½ inch thick. Mix 1 cup breadcrumbs, 1 tablespoon Crisco, 1 tablespoon chopped parsley, ½ tablespoon chopped onion, ½ teaspoon each of salt, pepper, and red pepper, ½ teaspoon kitchen bouquet, and moisten with stock. Spread this over steak and roll it up, fastening with skewers or tying, and put on rack in roasting pan. Add ½ cup stock, and bake ½ hour, basting often. Place on hot platter, and pour around it sauce made from 2 tablespoons Crisco and 3 tablespoons flour blended together, with salt and pepper to taste, and 1½ cups beef stock cooked until boiling, then strained and added to 1 tablespoon Worcestershire sauce.

December 2

Baked Pork Spareribs
Turnips
Mashed Potatoes
Celery and Cranberry Salad
**Squash Pie*
Coffee

**Squash Pie*—2 cups stewed squash, 1 tablespoon melted Crisco, ½ teaspoon salt, ½ teaspoon cinnamon, ⅔ cup sugar; 1 teaspoon ginger, 2 eggs, and 2 cups milk. Beat eggs until light. Place squash in quart measure, add sugar, Crisco, salt, spice, and then beaten eggs. Stir well and add sufficient milk to make 1 quart of whole mass. Turn into pie tin lined with Crisco pastry and bake slowly for 45 minutes. When done a silver knife when inserted will come out from it clear. Squash pie will become watery if allowed to boil.

December 3

Brown Fricassee of Chicken, Cranberry Jelly
Sweet Potatoes *Boiled Onions*
Orange and Pineapple Salad
**Farina Pudding*
Coffee

**Farina Pudding*—Stir into 3 cups boiling milk 1 cup farina, and cook 10 minutes. Rub together 1 tablespoon Crisco and 2 tablespoons sugar; add yolks of 3 eggs, grated rind of 1 lemon and 25 chopped blanched almonds. Stir this mixture into farina after it is little cooled; lastly add whites of 3 eggs beaten to stiff froth. Steam this pudding in covered mold for 1½ hours. Serve with any sweet pudding sauce.

December 4

Clear Soup with Rice
Corn *Peas* *Mashed Potatoes*
Cold Slaw
Plum Pudding, Hard Sauce
**Individual Mince Pies*
Cheese Wafers
Coffee

**Individual Mince Pies*—Roll out Crisco paste ⅛ inch thick, stamp into rounds and line gem pans, place in each 2 teaspoons of mince meat; roll out more pastry rather thicker than first, stamp into rounds size of top of pans, wet edges and cover pies, brush over with beaten egg, sprinkle with sugar, and bake 20 minutes in hot oven.

For mince meat, put into jar 1 pound chopped apples, 1 pound sultana raisins, ¼ pound chopped figs, ½ pound currants, grated rind, strained juice 3 lemons, 1 cup Crisco, 1 teaspoon salt, ½ pound chopped almonds, grated rind, strained juice 3 oranges, 2 grated nutmegs, ½ cup sherry, 1 cup brandy, 1 ounce mixed spice, ½ pound each chopped candied orange and lemon peel, and 2 cups brown sugar. Mix well and keep in well sealed jar.

December 5

**Steamed Clams*
Roast Ribs of Beef, Currant Jelly
Rice Croquettes *Stewed Tomatoes*
Apple and Celery Salad
Mince Pie
Coffee

**Steamed Clams*—Wash and scrub clam shells; place in kettle; add water, allowing ½ cup water for each peck of clams. Cover kettle and cook until shells open. Serve hot with the following sauce: 3 tablespoons Crisco, 3 tablespoons lemon juice, 4 tablespoons chopped parsley, salt, pepper, and red pepper to taste.

Cream Crisco and add remaining ingredients. Kettle should be removed from range as soon as shells open, otherwise clams will be overcooked.

December 6

Caviar Canapes
Roast Duck **Apple Sauce*
Canned Beans *Mashed Potatoes*
Tomato Jelly Salad
Apple Dumplings
Raisins *Nuts*
Coffee

**Apple Sauce*—1 pound apples, 2 tablespoons sugar, 2 tablespoons Crisco, ½ cup water, and strained juice of ½ lemon. Peel, core, and slice apples, put them into saucepan with sugar, Crisco, water, lemon juice, and cook them until tender. Serve with roast duck.

December 7

Stewed Chicken, Cream Dressing
**Baked Sweet Potatoes*
Creamed Carrots *Onion Salad*
Indian Pudding
Bon Bons *Coffee*

**Baked Sweet Potatoes*—Peel boiled sweet potatoes and cut in slices crosswise. To 2 cups of slices allow 3 tablespoons Crisco, and 2 tablespoons each of sugar and vinegar. Have Crisco hot, lay potatoes in it,

sprinkle sugar over top, and pour vinegar over lightly. Bake until a golden brown.

December 8

Lamb Chops
Creamed Potatoes *Lima Beans*
Carrot Salad
Pineapple Ice Cream *Candy*
Cocoanut Layer Cake *Coffee*

**Cocoanut Layer Cake*—Beat ¼ cup Crisco with 1 cup sugar till creamy, add 2 well beaten eggs, ¼ teaspoon salt, 2½ cups flour sifted with 2 teaspoons baking powder, 1 cup water and ½ teaspoon almond extract, mix and divide into Criscoed and floured layer tins. Bake 20 minutes in moderate oven. Use boiled frosting and shredded cocoanut for filling.

December 9

Oysters
**Chicken Hot Pot*
Celery Salad *Dried Apricot Shortcake*
Coffee

**Chicken Hot Pot*—Prepare large chicken. Cut into as small pieces as joints allow. Do not remove meats from bones. Boil chicken until nearly tender and keep broth left in kettle when you remove chicken from it. Cut 1 pound of lean, raw ham into small squares. Wash and peel and parboil 8 large potatoes and slice them. Slice 3 medium-sized onions. Put into deep baking dish layer of chicken, layer of ham, layer of potatoes, and layer of onions. Repeat until all are used up; when arranging these layers strew tiny bits of Crisco over them. Pour chicken broth over layers, well seasoned with salt and pepper. Add enough water to almost fill pot. Cover pot, and bake for 1½ hours. Be sure plenty of water is in pot while baking is in progress. When cooked put baked chicken and vegetables in large tureen. Garnish edges with parsley. Sprinkle parsley and sliced cooked carrots over top. Serve with small slice of toast on each plate.

December 10

Cream of Celery Soup
Broiled Oysters, a la Francaise
Bean Salad *Cheese Straws*
**Fig and Apple Cobbler*
Coffee

**Fig and Apple Cobbler*—Nearly fill Criscoed baking dish with equal amounts of sliced apples and chopped figs, arranging them in layers; add 1 cup water, strained juice 1 lemon and cover with Crisco biscuit dough about 1 inch thick. Place on range, cover tightly with a pan and simmer 30 minutes. Lift cover carefully, make an opening in middle of crust, and pour in another ½ cup water, 2 tablespoons Crisco, and 1 cup scraped maple sugar. Sprinkle a little maple sugar over top of pudding before serving it.

December 11

Roast Pork, Apple Sauce
Franconia Potatoes *Creamed Onions*
Endive and Grape Salad
**Lemon and Apple Tart*
Coffee

**Lemon and Apple Tart*—Line a large pie plate with Crisco pastry. Mix together 2 cups grated apple, grated rind and juice of 1 lemon, 1½ cups sugar, 2 eggs, beaten without separating whites and yolks, 2 tablespoons melted Crisco, ½ teaspoon salt and 1 cup thin cream. Turn into plate lined with pastry, wet edge, and put strips of pastry over top of filling. Finish with strip of pastry on edge. Let bake until firm in center.

December 12

Baked Codfish
Piquant Beets *Baked Potatoes*
Lettuce and Cheese Salad
**Bread Pudding* *Coffee*

**Bread Pudding*—4 cups bread cut in dice, 3 tablespoons sultanas, 2 tablespoons chopped candied peel, 3 tablespoons sugar, 1 tablespoon Crisco, rind of 1 lemon, 2 eggs, ½ tablespoon lemon juice, 1 cup milk, and

4 lumps of sugar. Put lump sugar in dry saucepan and heat until it turns dark brown. Add milk and stir it over fire until sugar dissolves. Mix bread, cleaned sultanas, chopped peel, sugar, Crisco, grated lemon rind, and colored milk. Beat up eggs and add them with lemon juice. Let mixture stand for ½ an hour, or longer, if bread is stale. Have ready Criscoed mold, put in mixture, cover top with piece of Criscoed paper, and steam it for 2 hours. Turn carefully on to hot dish and serve with it any good sweet sauce.

December 13

Chestnut Soup
Pork Chops, Apple Sauce
Potatoes *Steamed Squash*
Lettuce and Pepper Salad
**Raisin Roly Poly*
Coffee

**Raisin Roly Poly*—2 cups flour, 2 cups breadcrumbs, ¾ cup Crisco, ½ cup brown sugar, ¼ pound stoned raisins, ¼ tablespoon salt, and cold water. Rub Crisco well into flour, breadcrumbs, sugar, salt, and add raisins stoned and halved. Add enough water to mix whole into soft paste. Roll into neat shape. Roll up in floured and scalded pudding cloth, tying ends securely. Put in pan of fast boiling water, and let boil steadily for 3 hours. Take off cloth, and serve pudding on hot dish.

December 14

Corn Chowder *Bread Sticks*
Chicken and Chestnut Salad
Stuffed Celery
**Raisin Puffs, Vanilla Sauce*
Coffee

**Raisin Puffs*—Beat 2 tablespoons Crisco with ½ cup sugar till creamy, add 1 beaten egg, ¼ teaspoon salt, ½ cup milk, 1⅓ cups flour sifted with 2 teaspoons baking powder, ½ teaspoon grated nutmeg, and 1 cup chopped raisins. Crisco baking cups and fill half full with mixture and steam for 1 hour.

December 15

Boiled Ham
Fried Potatoes *Asparagus on Toast*
Bar-Le-Duc and Cheese Sandwiches
**Cocoanut Pie* *Coffee*

**Cocoanut Pie*—1 cup chopped cocoanut, 3 eggs, 1 cup cream, 1 cup milk, 2 tablespoons cornstarch, 4 tablespoons cold water, 2 tablespoons Crisco, 6 tablespoons sugar, and some Crisco pastry. Line 2 pie plates with Crisco pastry. Put milk and cream into saucepan, bring to boiling point, add cornstarch mixed with water. Remove saucepan from fire, stir in Crisco. Let stand until perfectly cold. Beat up yolks of eggs and sugar together, then add cocoanut to them. Add this mixture to milk with stiffly beaten whites of eggs. Divide into prepared pie plates and bake in moderate oven for 30 minutes. Serve hot.

December 16

Baked Fish Pudding
Galantine of Veal
**Pea Croquettes, Tomato Sauce*
Cream Cheese Salad
Chocolate Meringues *Coffee*

**Pea Croquettes*—Boil 1 cup dried peas that have been soaked over night, till tender, strain and press through sieve. Fry 1 chopped onion in 1 tablespoon Crisco, add to peas, with 1 tablespoon melted Crisco, 2 tablespoons flour, salt and pepper to taste, 2 beaten eggs, and breadcrumbs to make stiff enough to form into croquettes. Brush over with beaten egg, toss in breadcrumbs, and fry golden brown in hot Crisco. Serve hot with tomato sauce.

December 17

Farina Soup
Salmon Loaf
Glazed Potatoes *Stewed Carrots*
Cabbage Salad **Pear Croquettes*
Coffee

**Pear Croquettes*—6 halves canned pears, ½ cup rice, 2 tablespoons sugar, 2 cups milk, 1 lemon, 1 egg,

lady fingers and angelica. Put milk and sugar in saucepan, bring to boil, and then add rice and grated rind of 1 lemon. Stir this over fire until rice is tender and milk absorbed, then turn it on to plate, and put aside to cool. Stand pears on hair sieve until syrup has drained away, then stuff hollow side with boiled rice, shaping it to a dome, so that they look like whole pears. Beat egg on plate, crush lady fingers, and rub them through wire sieve. Dip stuffed pears in egg, and toss in lady finger crumbs. Have ready pan of hot Crisco, fry croquettes in it until a golden brown. Take them up, and drain on paper. Insert small piece of angelica in end of each to represent pear-stalk. Dish up and serve hot.

December 18

Fillets of Flounder
Tournedos of Beef
**Tomato Croquettes*
Celery Mayonnaise *Orange Tartlets*
Coffee

**Tomato Croquettes*—Cook 1 quart tomatoes until reduced to 2 cups. Add to them 2 cups crumbs, 3 tablespoons melted Crisco, ½ teaspoon salt, dust sugar, ¼ teaspoon pepper, pinch red pepper, and dust of nutmeg. Set away to cool. Shape into croquettes, roll in flour, brush over with beaten egg, toss in crumbs and fry in hot Crisco.

December 19

**Soup Bonne Femme*
Broiled Lamb Steak with Virginia Ham
Stuffed Egg Plant
Frontenac Salad *Apple Tart*
Coffee

**Soup Bonne Femme*—Wash, dry, and cut up 2 large heads of lettuce, 1 pound sorrel, and 1 pound spinach. Add 3 pints white stock, and simmer, with ½ cup Crisco, 2 carrots, and 2 onions, for 1 hour. Blend together 2 tablespoons Crisco, 4 tablespoons flour, and yolks of 2 eggs, thin with 1 cup of boiling milk, and add to broth. Season with salt and pepper, press through sieve, and serve with croutons.

December 20

Lentil Soup
Roast Loin of Pork, Apple Sauce
Potato Balls *Artichokes*
Celery and Pineapple Salad
**Sultana Pudding*
Coffee

**Sultana Pudding*—Line shallow dish with plain pastry, put in bottom layer of sultana raisins. Beat ½ cup Crisco to a cream with 4 tablespoons sugar, add 2 well beaten eggs, 2 tablespoons milk, ½ teaspoon lemon extract, ¼ teaspoon salt, and ½ cup flour. Mix and spread on top of raisins and bake 30 minutes in moderate oven. Serve cold.

December 21

**Scallops*
Broiled Squab Chickens
Braised Endive *Potatoes Anna*
Chiffonade Salad
Apricot Custard
Coffee

**Scallops*—For 1 pint of scallops take 2 tablespoons Crisco. Melt in frying pan, add scallops and 2 minced onions and 1 tablespoon flour with 1 pint liquor from scallops. Cook thoroughly, seasoning with salt and bit of paprika, then add ½ cup breadcrumbs and yolks of 4 eggs. Fill small shells with mixture and bake in quick oven, adding, if liked, little grated cheese.

December 22

Petite Marmite
Goulash of Veal
Saute Potatoes *Cauliflower*
Orange Salad
**Cornstarch Souffle*
Coffee

**Cornstarch Souffle*—Bring 1 quart milk and 1 tablespoon Crisco to boiling point; beat 4 tablespoons cornstarch with 1 cup sugar, yolks of 5 eggs together and add to hot milk. Stir and cook 8 minutes, then

add ¼ teaspoon salt and 1 teaspoon vanilla extract. Pour into Criscoed fireproof dish. Beat up whites of eggs to stiff froth, then beat in 4 tablespoons sugar, pour over top of pudding and brown lightly in oven.

December 23

**Baked Tripe*
Mashed Potatoes
Stuffed Onions
Baked Bean Salad
Cheese Balls
Stewed Figs, Whipped Cream
Coffee

**Baked Tripe*—Cut tripe into good-sized pieces and spread over them the following stuffing: Mix together 4 tablespoons crumbs, 3 tablespoons Crisco, ½ teaspoon salt, dust powdered mace, 1 tablespoon chopped cooked ham, 1 chopped onion, 1 tablespoon chopped parsley, ¼ teaspoon pepper, dust paprika, and 1 well beaten egg. Roll them up and fasten with wooden toothpicks.

Dredge with flour and spread on each 1 tablespoon Crisco. Bake in hot oven 30 minutes, basting frequently with melted Crisco and hot water. Garnish with lemon slices and pass melted butter.

Vegetarian

December 24

Cream of Tomato Soup
Cheese Souffle *Graham Rolls*
Lettuce, French Dressing
**Eve's Pudding*
Springerle
Coffee

**Eve's Pudding*—Mix together in a basin, 1 cup seeded raisins, 3 tablespoons Crisco, ½ teaspoon salt, 2 cups crumbs, 1 cup currants, 8 chopped apples, 1 teaspoon each, cinnamon, cloves, and nutmeg, ¼ cup milk, and 4 well beaten eggs. Pour into Criscoed mold, cover with greased paper and steam 2 hours. Serve with hot milk.

Christmas Dinner

December 25

Oysters
Mangoes *Celery* *Stuffed Olives*
Tomato Soup
Roast Turkey, Cranberry Jelly
Roast Sweet Potatoes
Mashed Turnips
Brussels Sprouts
Orange and Celery Salad
Vanilla Blanc-mange
**English Plum Pudding*
Fruit *Coffee*

**English Plum Pudding*—1 cupful breadcrumbs, 1 cupful flour, 1 cupful brown sugar, ½ cupful Crisco, 1 teaspoonful salt, 2 teaspoonfuls baking powder, 1 teaspoonful mixed spices, 3 eggs, 1 cupful milk, ½ cupful seeded raisins, ½ cupful chopped candied citron peel, 1 cupful currants, ½ cupful chopped preserved ginger, ¼ cupful brandy, ½ cupful chopped English walnut meats. Mix flour with breadcrumbs, add Crisco, sugar, salt, baking powder, spices, nuts, fruit, milk, eggs well beaten, and brandy. Pour into Criscoed mold, cover with greased paper and steam steadily for four hours. Turn out and serve with liquid or hard sauce. The brandy may be omitted.

December 26

Stuffed Veal Heart, Tomato Sauce
Baked Sweet Potatoes
Mashed Turnips
Lettuce, Apple and Date Salad
Cream Cheese on Toasted Crackers
**Baked Apples with Custard*
Coffee

**Baked Apples*—Core and peel 8 apples; fill centers with ¼ cup Crisco creamed with ½ cup brown sugar, add 4 tablespoons chopped citron peel, and 1 tablespoon lemon juice mixed together. Mix 2 tablespoons sugar with ½ cup water and brush over apples; sprinkle with crumbs browned in hot Crisco; bake for 20 minutes in moderate oven. Serve cold with custard.

December 27

**Terrapin, a la Maryland*
Saratoga Chips
Roasted Capon, Oyster Sauce
Sweet Potatoes
Stewed Celery
Apple and Cabbage Salad
Hamburg Cream
Coffee

**Terrapin, a la Maryland*—Put terrapin in kettle, cover with boiling salted water, add 2 slices each carrot and onion, and 1 stalk celery. Cook till meat is tender. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell and remove. Empty upper shell, remove and discard gall bladder, sand bags and thick intestines.

Liver, small intestines are used with meat. Add terrapin meat to ¾ cup white stock, 2 tablespoons wine; cook slowly until liquor is reduced half. Add liver separated in pieces, 2 yolks of eggs, 1 tablespoon Crisco, salt, pepper, and red pepper to taste, 1 tablespoon flour mixed with ½ cup cream, and 1 teaspoon lemon juice. Make hot and just before serving add 1 tablespoon sherry wine. Turn into hot dish and garnish with toast points.

December 28

**Belgian Hare, en Casserole*
Scalloped Potatoes
Braised Celery
Pineapple and Celery Salad
Lemon Pudding, Caramel Sauce
Coffee

**Belgian Hare, en Casserole*—Separate hare into joints; season with salt, paprika and red pepper, and saute in ¼ cup Crisco with 2 slices of bacon cut in dice to golden brown. Put hare in casserole with 1 cup hot water and put on cover. Bake 30 minutes, then add 2 tablespoons Crisco rubbed into 2 tablespoons flour, 1 cup water, seasoning to taste, and 1 tablespoon lemon juice. Cook in moderate oven for 3 hours. Send to table without removing cover.

Vegetarian

December 29

Nut Turkey Roast, Cranberry Jelly
Creamed Onions
Baked Potatoes
Hubbard Squash
Pineapple and Orange Salad
**Pastry Fingers*
Lalla Rookh
Coffee

**Pastry Fingers*—Sift ½ cup pastry flour, 2 cups entire wheat flour, and 1 teaspoon salt into basin, add 3 tablespoons Crisco, and ½ cup butter, cut them into flours with knife until finely divided. Then rub in fine with finger tips and make into stiff paste with cold water. Roll out ¼ inch in thickness, cut in finger shape pieces, lay on Criscoed tins and bake from 7 to 10 minutes in hot oven. Cool, brush over with slightly beaten egg white, and sprinkle with salted pine nuts. Return to oven to brown nut meats.

December 30

Sirloin Steak
Glazed Pumpkin *Marbled Potatoes*
Celery Salad
Cheese Relish
**Boston Pudding*
Coffee

**Boston Pudding*—Cut 1 loaf bread into thin slices and spread with Crisco. Crisco baking dish, put into it layer bread, sprinkle over 1 tablespoon each cinnamon, cloves, ginger, and nutmeg, then a layer seeded raisins, and so on till dish is full. Pour over 1 quart milk sweetened to taste, with 3 well beaten eggs, allow to soak 4 hours, then add 2 cups more milk sweetened to taste. Cover dish and bake moderate oven 3 hours. Serve with wine sauce.

December 31

Codfish, Delmonico Style
Roasted Leg of Lamb
**Chestnut Boulettes*
Baked Potato Strips
Watercress and Green Pepper Salad
Cherry and Almond Parfait
Lady Fingers
Coffee

**Chestnut Boulettes*—Mix together in a basin 1 cup mashed chestnuts, which have been peeled after cooking in boiling salted water, beat into this 1 tablespoon whipped cream, ½ tablespoon Crisco, ¼ teaspoon salt, 2 egg yolks, 1 tablespoon sugar, 1 teaspoon sherry wine. Cool and fold in beaten egg whites, form into small balls, dip in beaten egg, toss in crumbs and fry in hot Crisco. Drain and serve.

OTHER members of your family would appreciate a copy of this book. It makes an attractive and useful gift to sister, daughter, mother, or some friend. Send as many stamps, at the rate of twenty-five cents per book, as you wish cook books, and we will mail the books, postage prepaid, enclosing with each a card similar to this, with your name filled in.

THIS BOOK IS PAID FOR BY AND SENT TO YOU
WITH THE COMPLIMENTS OF

Name _____

Address _____

Write carefully your name and address and the name and address of those to whom you wish the books sent.

CRISCO
For Frying For Shortening
For Cake Making

CRISCO
For Frying For Shortening
For Cake Making